



Sauteed Salmon with Sweet Potato, Papaya Rougaille, and Israeli Couscous

READY IN



77 min.

SERVINGS



5

CALORIES



787 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 ounces butter
- ☐ 0.5 teaspoon cumin powder
- ☐ 1 clove garlic chopped
- ☐ 1 clove garlic minced
- ☐ 0.5 inch disk ginger fresh finely chopped
- ☐ 0.5 bunch green onions finely chopped (scallions)
- ☐ 8.5 ounces israeli couscous
- ☐ 0.5 juice of lemon juiced

- ☐ 0.1 cup olive oil
- ☐ 0.5 small onion chopped
- ☐ 0.5 papaya finely chopped
- ☐ 0.5 onion red finely chopped
- ☐ 0.5 tablespoon red wine vinegar
- ☐ 0.5 large roasted pepper red peeled seeded cut into small dice
- ☐ 0.5 pinch saffron threads spanish
- ☐ 26.3 ounce salmon fillet
- ☐ 5 servings salt
- ☐ 5 servings salt and pepper black freshly ground
- ☐ 3 mushroom caps
- ☐ 5 servings fried spaghetti for garnish
- ☐ 1 large sweet potatoes and into salted diced cooked
- ☐ 0.5 zucchini salted diced cooked

Equipment

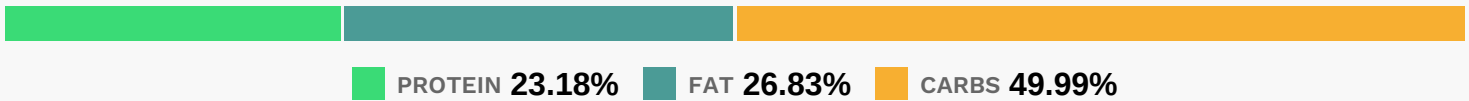
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine the onions, ginger, tomatoes, papaya, garlic, and green onions.
- ☐ Add lemon or lime juice, red wine vinegar, 1/8 cup olive oil, salt, and pepper.
- ☐ Mix this up 2 to 3 hours before serving, and let stand, covered, but not in the refrigerator.
- ☐ Preheat the oven to 350 degrees F.
- ☐ To make the couscous: Fill a saucepan about 3/4 full with water, a little salt, then a little saffron for color. Bring to a boil, add the couscous and cook for about 2 minutes. Wash the couscous with cold water and drain well.

- ☐
- Drain the sweet potato and zucchini and add to the couscous. Stir in the red pepper.
- ☐
- Heat the butter in a small pan and saute the shiitake mushrooms with the garlic, onion, and cumin. When the mushrooms are soft, add the mixture to the couscous.
- ☐
- Place the couscous in a baking dish and keep warm in the oven.
- ☐
- Season salmon with salt and pepper.
- ☐
- Heat the olive oil in a pan and saute the salmon fillets for 1 minute per side for medium rare.
- ☐
- Serve the salmon on a bed of couscous. Heap the rougaille over salmon.
- ☐
- Garnish with lengths of fried spaghetti, so that they are reaching up from the salmon.

Nutrition Facts



Properties

Glycemic Index:114, Glycemic Load:47.01, Inflammation Score:-10, Nutrition Score:39.234782704841%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 787.03kcal (39.35%), Fat: 23.13g (35.58%), Saturated Fat: 6.84g (42.72%), Carbohydrates: 96.98g (32.33%), Net Carbohydrates: 89.8g (32.66%), Sugar: 6.02g (6.68%), Cholesterol: 100.14mg (33.38%), Sodium: 414.55mg (18.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.97g (89.94%), Vitamin A: 10005.5IU (200.11%), Selenium: 91.04µg (130.06%), Vitamin B6: 1.6mg (79.89%), Vitamin B12: 4.75µg (79.12%), Vitamin B3: 15.21mg (76.07%), Manganese: 1.22mg (61.22%), Phosphorus: 547.04mg (54.7%), Vitamin B2: 0.73mg (42.87%), Vitamin B5: 4.08mg (40.77%), Copper: 0.8mg (40.07%), Potassium: 1298.69mg (37.11%), Vitamin B1: 0.54mg (36.29%), Magnesium: 121.03mg (30.26%), Fiber: 7.18g (28.72%), Folate: 77.05µg (19.26%), Iron: 3.28mg (18.22%), Zinc: 2.58mg (17.21%), Vitamin C: 10.95mg (13.27%), Vitamin K: 11.23µg (10.7%), Vitamin E: 1.27mg (8.48%), Calcium:

79.55mg (7.95%)