



Seared Salmon with Cilantro-Pepito Pesto



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cilantro leaves
- ☐ 1 teaspoon coriander seeds
- ☐ 1 pinch cumin seeds
- ☐ 1 clove garlic minced peeled
- ☐ 1 pinch kosher salt black
- ☐ 1 lime cut into 8 wedges
- ☐ 0.5 cup pepito seeds raw plus more as garnish
- ☐ 3 teaspoon vegetable oil divided

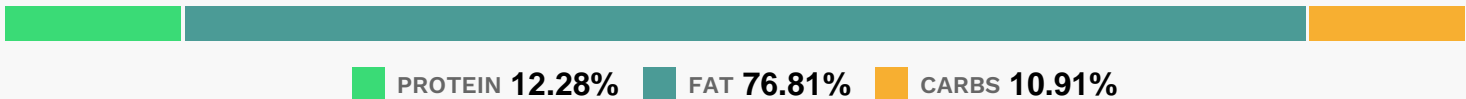
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat 2 teaspoons vegetable oil in a large cast iron or nonstick skillet over medium-high heat.
- ☐ Add pumpkin seeds and sauté until the sizzle and pop, about 2 minutes.
- ☐ Transfer seeds to a paper towel lined plate to cool. Wipe the skillet clean with a papper towel and reserve skillet.Pulse the pumpkin seeds, cilantro, coriander seeds, cumin, and garlic in a food processor until a course, grainy texture is acheived. With machine running, gradually add the lime juice, and ¼ cup oil. If necessary add a tablespoon or two of water to achieve a thick puréed texture. Season with salt, pepper.Wash and completely dry the salmon fillets.
- ☐ Heat the remaining teaspoon of vegetable oil in the large reserved cast iron or non-stick skillet set over medium heat. When the oil is very hot; add the salmon, skin side down. Cook it until the skin is very crisp, dark brown and releases easily from the pan. This should take 3 to 4 minutes. Do not be tempted to check or move the fish around in the pan during this time. You will only succeed in making it stick to the pan or worse ruin your beautifully crisp skin.Once the skin has crisped flip the fish, and cook it an additional 1 to 2 minutes more, until the flesh is nearly (but not quite) opaque in the center. Do not let it cook all the way through. The fish will continue to cook after it leaves the pan. Your goal is a succulent flesh graduating from a medium rare center outwards to a crispy crackly skin.
- ☐ Place the seared fillets on plates, skin side down. Spoon pesto over.
- ☐ Garnish with remaining raw pepito seeds.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:0.49, Inflammation Score:-2, Nutrition Score:2.0343478451604%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 143.08kcal (7.15%), Fat: 12.06g (18.55%), Saturated Fat: 1.64g (10.28%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 1.62g (0.59%), Sugar: 0.59g (0.65%), Cholesterol: 0mg (0%), Sodium: 1.6mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.67%), Vitamin K: 12.56µg (11.96%), Fiber: 2.44g (9.76%), Vitamin C: 5.76mg (6.98%), Vitamin A: 143.86IU (2.88%), Vitamin E: 0.36mg (2.43%), Manganese: 0.04mg (1.8%), Iron: 0.25mg (1.39%), Calcium: 12.11mg (1.21%), Copper: 0.02mg (1.15%), Potassium: 37.63mg (1.08%)