



Slow-Roasted Salmon with Cherry Tomatoes and Couscous

READY IN



45 min.

SERVINGS



8

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cherry tomatoes halved
- ☐ 8 ounces cherry tomatoes
- ☐ 0.5 bunch optional: dill
- ☐ 2 tablespoons flat parsley chopped
- ☐ 2 tablespoons chives fresh chopped
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 2 cups regular couscous
- ☐ 8 servings kosher salt

- ☐ 1 tablespoon lemon zest finely grated
- ☐ 4 tablespoons olive oil divided
- ☐ 1 cup greek yogurt plain
- ☐ 0.5 cup yogurt plain
- ☐ 3 pound salmon fillet wild
- ☐ 0.5 bunch thyme sprigs
- ☐ 1 tablespoon butter unsalted
- ☐ 2 tablespoons za'atar

Equipment

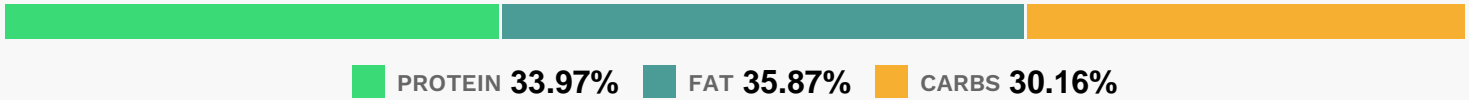
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ roasting pan

Directions

- ☐ Mix first 5 ingredients in a medium bowl until well combined. Season with salt. DO AHEAD: Can be made 3 days ahead. Cover and chill.
- ☐ Preheat oven to 325°F.
- ☐ Pour 4 tablespoons oil in a roasting pan just large enough to fit the salmon. Make a bed of herbs in bottom of pan; top with salmon, skin side down.
- ☐ Drizzle salmon with remaining 2 tablespoons oil and season with salt. Top with tomatoes, if using.
- ☐ Bake until salmon is just cooked through in the center (a small knife will slide easily through flesh), 25–30 minutes.
- ☐ Toss tomatoes with 3 tablespoons oil, parsley, and za'atar, if using, in a medium bowl. Season to taste with salt. Set aside.
- ☐ Bring a medium pot of lightly salted water to a boil.

- ☐
- Add couscous and cook until tender, about 7 minutes.
- ☐
- Drain couscous; transfer to a large bowl. Stir in butter and remaining 1 tablespoon oil. Season to taste with salt. Gently fold tomatoes into couscous.
- ☐
- Use a large spoon or fork to serve salmon, leaving skin in pan.
- ☐
- Serve with yogurt sauce and couscous.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:20.29, Inflammation Score:-8, Nutrition Score:33.555216966764%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 517.15kcal (25.86%), Fat: 20.24g (31.13%), Saturated Fat: 3.97g (24.83%), Carbohydrates: 38.29g (12.76%), Net Carbohydrates: 35.15g (12.78%), Sugar: 3.24g (3.6%), Cholesterol: 100.56mg (33.52%), Sodium: 297.83mg (12.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.12g (86.25%), Vitamin B12: 5.64µg (94.06%), Selenium: 65.3µg (93.29%), Vitamin B3: 15.35mg (76.77%), Vitamin B6: 1.52mg (76.06%), Phosphorus: 483.72mg (48.37%), Vitamin B2: 0.8mg (46.76%), Vitamin K: 41.35µg (39.38%), Vitamin B5: 3.6mg (36.01%), Vitamin B1: 0.5mg (33%), Potassium: 1127.15mg (32.2%), Copper: 0.6mg (29.99%), Manganese: 0.52mg (26.15%), Vitamin C: 18.85mg (22.85%), Iron: 3.71mg (20.6%), Magnesium: 82.31mg (20.58%), Folate: 68.05µg (17.01%), Vitamin A: 632.25IU (12.65%), Fiber: 3.14g (12.55%), Zinc: 1.85mg (12.3%), Calcium: 108.21mg (10.82%), Vitamin E: 1.51mg (10.09%)