



Tapenade Crusted Salmon and Orzo with Roasted Red Onions

READY IN



75 min.

SERVINGS



8

CALORIES



432 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 fillet anchovy
- ☐ 2 tablespoons butter
- ☐ 1 pound orzo pasta cooked
- ☐ 8 servings parsley fresh chopped
- ☐ 2 sprigs rosemary fresh
- ☐ 4 cloves garlic coarsely chopped
- ☐ 4 cloves garlic peeled
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 0.3 cup olive oil
- ☐ 0.3 cup olive oil pure
- ☐ 8 servings olive tapenade black
- ☐ 1.5 cups niçoise olives pitted
- ☐ 2 tablespoons pinenuts
- ☐ 3 plum tomatoes fresh quartered
- ☐ 2 large onions diced red
- ☐ 4 fillet salmon
- ☐ 8 servings salt and pepper
- ☐ 8 servings salt and pepper freshly ground
- ☐ 2 branches thyme fresh

Equipment

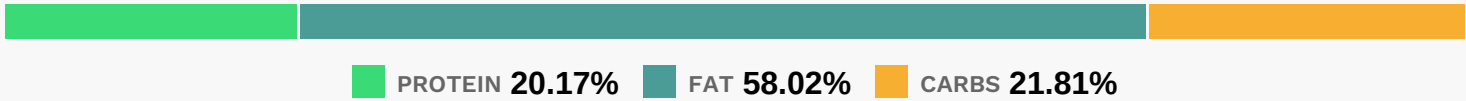
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Roasted Onions: Preheat oven to 425 degrees F.
- ☐ Combine all of the ingredients, except the onions in a medium shallow baking dish.
- ☐ Add the onions, toss them in the mixture and season with salt and pepper, to taste.
- ☐ Cover the onions with foil and roast for 20 minutes.
- ☐ Remove the foil and continue roasting until tender, about 35 to 40 minutes, basting with the juices several times. In a saute pan place butter and melt.
- ☐ Add orzo and tomatoes. Toss until orzo is cooked through.
- ☐ Place the orzo in a large bowl and spoon the onions and the cooking liquid over the pasta.

- ☐ Place all ingredients in a food processor and process until smooth. Season with salt and pepper, to taste.
- ☐ Salmon: Season the salmon with salt and pepper to taste.
- ☐ Spread 2 tablespoons of the tapenade over each piece of salmon (not on the skin side).
- ☐ Heat 2 tablespoons of olive oil in a large saute pan.
- ☐ Place 4 of the fillets in the pan, tapenade side down, and saute until a crust forms, about 2 minutes. Turn the fish over and continue cooking for about 5 minutes for medium-rare doneness.
- ☐ Serve the salmon with the Roasted onions.

Nutrition Facts



Properties

Glycemic Index:37.56, Glycemic Load:9.13, Inflammation Score:-8, Nutrition Score:22.73652176235%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 432.01kcal (21.6%), Fat: 28.04g (43.14%), Saturated Fat: 5.28g (33%), Carbohydrates: 23.71g (7.9%), Net Carbohydrates: 20.78g (7.56%), Sugar: 2.43g (2.71%), Cholesterol: 55.17mg (18.39%), Sodium: 849.87mg (36.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.93g (43.86%), Vitamin K: 77.67µg (73.97%), Selenium: 47.39µg (67.7%), Vitamin B12: 2.72µg (45.3%), Vitamin B6: 0.83mg (41.49%), Vitamin B3: 7.54mg (37.7%), Manganese: 0.54mg (27.08%), Phosphorus: 242.62mg (24.26%), Vitamin E: 3.43mg (22.88%), Vitamin B2: 0.37mg (21.61%), Copper: 0.38mg (18.86%), Potassium: 606.87mg (17.34%), Vitamin B1: 0.25mg (16.68%), Vitamin B5: 1.6mg (15.97%), Vitamin A: 766.59IU (15.33%), Vitamin C: 12.63mg (15.31%), Magnesium: 53.2mg (13.3%), Iron: 2.26mg (12.57%), Fiber: 2.93g (11.74%), Folate: 42.47µg (10.62%), Zinc: 1.2mg (8.03%), Calcium: 51.96mg (5.2%)