



The Ultimate Salmon in Parchment

READY IN



45 min.

SERVINGS



4

CALORIES



797 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 cubes chicken stock see frozen per cube
- ☐ 0.3 bunch cilantro leaves for garnish
- ☐ 2 tablespoons coriander seeds toasted
- ☐ 1 cup couscous
- ☐ 2 tablespoons curry powder
- ☐ 2 tablespoons fennel seeds toasted
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 clove garlic peeled

- ☐ 1 juice of lemon juiced
- ☐ 0.5 tablespoon kosher salt
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.5 teaspoon lemon zest
- ☐ 16 mussels cleaned
- ☐ 4 servings olive oil extra-virgin
- ☐ 1 chile fresh red roughly chopped
- ☐ 24 ounce salmon fillet boneless skinless
- ☐ 3 scallions finely sliced for garnish
- ☐ 1 stick butter unsalted

Equipment

- ☐ food processor
- ☐ oven
- ☐ mixing bowl
- ☐ mortar and pestle
- ☐ kitchen scissors

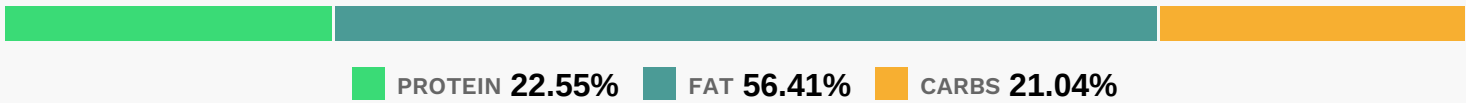
Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ Place 2 sheet trays in oven to warm.
- ☐ Combine ingredients in a food processor and pulse until smooth.
- ☐ To prepare the Salmon and Mussels: Begin by making a seasoning with fennel and coriander seed and salt and pepper. Pound spices in a mortar and pestle, or grind with a coffee grinder, until you have a rough powder.
- ☐ In a large mixing bowl combine couscous, cilantro, lemon zest and half the spice mix. Stir well to combine, drizzle with olive oil, then divide evenly among 4 large pieces of parchment (big enough to create a folded pocket for the salmon). Nestle into the couscous 1 frozen chicken stock cube for each portion. Top with the piece of salmon and then sprinkle with remaining

spice mix. Squeeze lemon juice over the top of each piece of fish and couscous then set 4 mussels around the fish in each packet. Fold over the parchment to create a pocket and trim paper to make a heart shape. Crimp over the edges, working from one end to the other to secure the paper tightly then brush with olive oil so the paper doesn't burn. Carefully transfer the parchment pockets to the hot sheet trays (you will probably need to put 2 per tray) then bake in the oven for 20 to 25 minutes.

- ☐
- When done, the paper will puff up.
- ☐
- Cut open tableside with scissors, top with curry butter, and shower with fresh chopped scallions and cilantro.

Nutrition Facts



Properties

Glycemic Index:88.75, Glycemic Load:21.61, Inflammation Score:-8, Nutrition Score:41.036086580028%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 797.44kcal (39.87%), Fat: 50.12g (77.11%), Saturated Fat: 18.43g (115.16%), Carbohydrates: 42.06g (14.02%), Net Carbohydrates: 36.12g (13.13%), Sugar: 1.14g (1.26%), Cholesterol: 163.46mg (54.49%), Sodium: 1057.5mg (45.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.07g (90.14%), Vitamin B12: 9.37µg (156.23%), Selenium: 78.43µg (112.04%), Manganese: 1.93mg (96.52%), Vitamin B3: 15.98mg (79.89%), Vitamin B6: 1.58mg (79.13%), Phosphorus: 531.01mg (53.1%), Vitamin B2: 0.81mg (47.41%), Vitamin B1: 0.55mg (36.79%), Vitamin B5: 3.61mg (36.14%), Potassium: 1225.49mg (35.01%), Vitamin K: 36.19µg (34.47%), Copper: 0.68mg (33.98%), Vitamin C: 25.62mg (31.05%), Iron: 5.37mg (29.81%), Magnesium: 113.13mg (28.28%), Vitamin E: 3.67mg (24.47%), Fiber: 5.94g (23.78%), Vitamin A: 1105.83IU (22.12%), Folate: 80.78µg (20.19%), Zinc: 2.43mg (16.22%), Calcium: 126.38mg (12.64%), Vitamin D: 0.42µg (2.83%)