



 **100%**
HEALTH SCORE

Wild Salmon with Pearl Couscous, Slow-Roasted Tomatoes, and Lemon Oregano Oil

 Dairy Free  Very Healthy

READY IN



1500 min.

SERVINGS



6

CALORIES



518 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 10 basil leaves fresh
- 2 garlic cloves finely chopped
- 3 oz kalamata black pitted quartered
- 2 tablespoons juice of lemon fresh
- 2 teaspoons lemon zest fresh with a vegetable peeler and finely minced
- 14 fl. oz. chicken broth reduced-sodium

- 1 teaspoon olive oil
- 12 oregano leaves plus 3 tablespoons fresh whole finely chopped
- 12 oz pearl couscous (Israeli)
- 1 lb plum tomatoes halved lengthwise
- 36 oz salmon fillet wild with skin (preferably center cut)
- 0.5 teaspoon salt
- 1.3 teaspoons sugar
- 1 cup water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- sieve
- baking pan
- aluminum foil
- spatula
- measuring cup

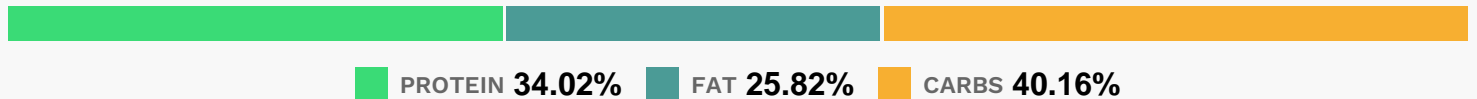
Directions

- Put oven rack in middle position and preheat oven to 250°F.
- Toss tomatoes with sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper and arrange, cut sides down, in a small shallow baking pan.
- Heat oil in a 9- to 10-inch heavy skillet over moderate heat until hot but not smoking, then cook garlic, stirring occasionally, until pale golden, 1 to 2 minutes. Stir in basil and whole oregano leaves, then pour oil over tomatoes. Roast tomatoes until very tender but not falling apart, 2 1/4 to 2 1/2 hours.
- Transfer tomatoes with a spatula to a large plate, then pour oil through a fine-mesh sieve into a small bowl or measuring cup, discarding solids. Stir in chopped oregano, zest, juice, and

remaining 1/4 teaspoon salt and pepper.

- Heat 2 teaspoons olive oil in a 3-quart heavy saucepan over moderate heat until hot but not smoking, then toast couscous, stirring occasionally, until fragrant and pale golden, 3 to 5 minutes.
- Add broth, water, and salt and simmer, covered, until liquid is absorbed and couscous is al dente, 10 to 12 minutes.
- Remove from heat and let stand, covered, 10 minutes, then stir in 2 1/2 tablespoons lemon oregano oil. Season with salt.
- Put oven rack in upper third of oven and preheat oven to 500°F. Line a 17- by 12-inch shallow baking pan with foil.
- Arrange salmon, skin sides down, in baking pan, then drizzle with olive oil, rubbing it over tops of fillets, and sprinkle with salt. Roast salmon until just cooked through, 12 to 14 minutes.
- Divide couscous among 6 plates. Lift salmon flesh from skin with a slotted spatula and transfer a fillet to each bed of couscous. Put 2 tomato halves on each plate, then sprinkle salmon with olives and drizzle with some lemon oregano oil.
- Tomatoes can be roasted 3 days ahead and chilled in oil in an airtight container. Bring to room temperature before proceeding.

Nutrition Facts



Properties

Glycemic Index:51.68, Glycemic Load:28.19, Inflammation Score:-10, Nutrition Score:33.669130615566%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 517.8kcal (25.89%), Fat: 14.66g (22.56%), Saturated Fat: 2.3g (14.35%), Carbohydrates: 51.33g (17.11%), Net Carbohydrates: 46.11g (16.77%), Sugar: 3.23g (3.59%), Cholesterol: 93.55mg (31.18%), Sodium: 522.72mg (22.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.48g (86.97%), Vitamin B12: 5.48µg (91.3%), Selenium:

62.47µg (89.24%), Vitamin B3: 16.89mg (84.46%), Vitamin B6: 1.56mg (78.19%), Phosphorus: 481.6mg (48.16%), Vitamin B2: 0.74mg (43.56%), Vitamin B5: 3.64mg (36.43%), Manganese: 0.7mg (35.11%), Potassium: 1211.73mg (34.62%), Copper: 0.69mg (34.52%), Vitamin B1: 0.52mg (34.36%), Magnesium: 92mg (23%), Vitamin K: 22.06µg (21.01%), Fiber: 5.22g (20.88%), Folate: 71.97µg (17.99%), Iron: 3.2mg (17.76%), Vitamin C: 13.63mg (16.52%), Vitamin A: 824.3IU (16.49%), Zinc: 1.84mg (12.29%), Vitamin E: 1.43mg (9.51%), Calcium: 89.89mg (8.99%)