

Baked Salmon, Quinoa Pilaf and Seared Cabbage

A nice piece of baked salmon is on the menu tonight. You'll pair it with high-protein quinoa pilaf and one of my family's favorites, seared cabbage and onions. You'll make a nice homemade Ponzu sauce to dress the salmon before you bake it. Fine flavors! Fine dining!

Preparation time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

I like to organize ingredients on small plates or in bowls so they are easy to add. It's more fun to cook when you've got everything ready to go. There are two different onion preps today: 1/3 C. chopped green onions for the Quinoa Pilaf, 2 C. thin-sliced yellow onions for the Seared Cabbage and Onion.

Quinoa Pilaf

1 C. quinoa
plus
2 C. water

1/3 C. green onions (chopped)
1/3 C. red bell pepper (chopped)
1/3 C. frozen corn

3 T. lemon juice
1/2 tsp. soy sauce
1/4 C. low-sodium vegetable broth

2 T. fresh parsley (chopped)

Baked Salmon

Ponzu Sauce:
2 T. lemon juice
1 clove garlic (smashed and chopped)
1 tsp. low-sodium soy sauce
1/2 tsp. granulated sugar
1/4 tsp. grated ginger

10 oz. fresh salmon fillets
2 T. fresh cilantro (lightly chopped)

Seared Cabbage and Onions

1 T. canola oil
4 C. red or green cabbage (thin-sliced or shredded)
2 C. yellow onion (thin-sliced)

2 T. rice-wine vinegar
mixed with
1/4 C. low-sodium vegetable broth

1/4 C. cilantro (chopped)



Preheat Oven to 425°

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Get the quinoa pilaf started. You'll be able to start cooking the cabbage and onions as soon as you put the fish in the oven.

Quinoa Pilaf

1. Bring quinoa and water to a hard boil, turn off heat, cover pan and leave on the burner as you continue with meal preparation. It will be ready to eat in 20 minutes.
2. Measure green onions, bell pepper and frozen corn in a bowl. Microwave 2 minutes.
3. Add lemon juice, soy sauce and broth. Microwave another minute. Stir in parsley and set aside.
4. Measure 1- 1/2 C. cooked quinoa into bowl with vegetables just before serving. Rewarm 40 seconds in microwave.

Ponzu Sauce and Baked Salmon

1. Mix Ponzu sauce ingredients together in a small bowl.
2. Stir for a minute to dissolve all of the sugar. Place salmon, skin side down, in an oiled baking dish.
3. Spread Ponzu sauce mixture over fillets. Place fish in preheated 425° oven for 15 minutes. Set a timer.

Seared Cabbage and Onions and Plate

1. Heat oil in a large, deep-sided sauté pan until oil begins to shimmer. Add cabbage and onions and toss until brown and beginning to char. Remove from heat.
2. Mix rice wine vinegar and low-sodium vegetable broth in a separate bowl and pour over cabbage. Sprinkle with a pinch of salt and add chopped cilantro. Return to burner, reduce heat to medium and toss for two minutes, or until liquid is gone. Remove from heat.

Plate the meal.

Stir the cooked quinoa into the pilaf mixture now, and rewarm in microwave.

Place a salmon fillet on each plate and sprinkle with fresh cilantro. Salmon should be flanked with pilaf on one side and seared cabbage on the other.

What I've Learned from this Recipe

Searing vegetables caramelizes the sugar in them, adding richness to the flavor. Beyond that, browning the vegetables quickly leaves some firmness to the mouth feel. Overall, their individual flavors are preserved and you're more aware of the variety of tastes on your plate.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com