

# Baked Salmon with Roasted Cauliflower

A beautiful piece of baked salmon and seasonal roasted cauliflower will share the spotlight tonight. You'll complete the plate with some light and refreshing Lemon/Scallion Rice. The salmon and cauliflower are served over a delightful green pea chutney. I discovered the chutney in Priya Krishna's outstanding cookbook, "*Indian (ish)*." This wonderfully playful and informative cookbook is filled with yummy recipes and is a "must have" for any kitchen library.

**Preparation Time: 45 minutes - Servings 4**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients on small plates or in bowls so they are easy to add. Prep 2 lemons tonight: You'll divide juice between the Lemon Scallion Rice and Ponzu Sauce. Cut the remaining lemon into wedges to be added to each plate. There are two different onion preps: 1/3 C. chopped yellow onion in the Green Pea Chutney and 1/3 C. chopped green onions in the Lemon/Scallion Rice.

#### Brown Rice

1 C. brown rice  
plus  
2-1/4 C. water

2 lemons

#### Roasted Cauliflower

1 medium head cauliflower  
1 T. olive oil

#### Ponzu Sauce/Baked Salmon

##### Ponzu sauce:

1/2 tsp. low-sodium soy sauce  
2 T. lemon juice  
1/2 tsp. granulated sugar  
1/4 tsp. grated fresh ginger

##### Baked Salmon:

1 tsp. canola oil (for baking dish)  
1 lb. salmon fillets  
2 T. fresh cilantro (chopped)

#### Green Pea Chutney

3 T. olive oil  
1/2 tsp. black pepper corns  
1/2 tsp. fenugreek seeds  
  
1 Serrano pepper (seeded/coarsley-chopped)  
2 cloves garlic (smashed and chopped)  
1/3 C. yellow onion (coarsley chopped)  
1 C. frozen peas  
1/2 C water  
1/2 C. fresh cilantro  
1/2 tsp. salt  
2 walnut halves  
2 T. lime juice

#### Lemon/Scallion Rice

1-1/2 C. cooked rice (from above)  
1/3 C. green onions (stems and bulbs thin-sliced)  
1/4 C. parsley (chopped)  
2 T. lemon juice  
1/2 tsp. salt  
12 grape or cherry tomatoes (halved)

First Thing...  
Put Rice on to cook  
and  
Preheat Oven to 400°

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Simple preparations lie ahead tonight. Start by putting the rice on to cook. Once the rice begins to boil, cover and reduce heat to medium-low. Set a timer for 25 minutes.

### Roasted Cauliflower

Cut cauliflower into quarters and toss with oil. Place on a baking sheet and roast in a preheated 400° oven for a total of 30 minutes. Set a timer for 15 minutes, then roll cauliflower to another side. Reset timer for 15 minutes.

(Put salmon into oven with cauliflower during the final 15 minutes of cooking time.)

### Ponzu Sauce/Baked Salmon

#### Ponzu Sauce:

Mix ponzu sauce ingredients together in a small bowl.

#### Baked Salmon:

Oil a baking dish with canola oil and place salmon, skin-side-down in the dish. Drizzle with 3/4 of the ponzu sauce. Slide into the oven with the cauliflower. Cook for 15 minutes. When timer sounds, remove salmon and cauliflower from the oven, drizzle salmon with remaining Ponzu Sauce and sprinkle with cilantro.

### Lemon/Scallion Rice

1. When rice is cooked, measure 1-1/2 C. into a medium-sized mixing bowl.
2. Add chopped green onions, parsley, lemon juice and salt while still hot. Toss well.
3. Allow to cool a few minutes. Toss in tomatoes. Set aside.
4. If necessary, reheat 40 seconds in the microwave before serving.

#### Green Pea Chutney:

### Green Pea Chutney, Plate

1. Using a large nonstick skillet, heat oil until it shimmers. Add peppercorns and fenugreek seeds. Toss about 2 minutes until fenugreek begins to brown.
2. Add peppers, garlic and onion. Toss until onion turns translucent. Add peas and toss about 3 minutes. Add water and cook 2 minutes. Add cilantro and salt. Cool slightly.
3. Blend pea mixture with walnuts and lime juice in a food processor until smooth.

#### Plate:

Make two 1/4 C. pools of pea chutney on each plate and break 1/4 of the roasted cauliflower into pieces over one pool and place a fillet of baked salmon over the other. Finish the plate with Lemon/Scallion Rice and lemon wedges.

### What I've Learned from this Recipe

The leftover chutney keeps for a week or two. It's great with leftover cauliflower or salmon and nearly anything else you pair it with.

Let us know what you think, and ask any questions you have! [chezdon@plate6.com](mailto:chezdon@plate6.com)