

# Baked Salmon with Dill and Couscous Pilaf

You'll splash a nice piece of salmon with a homemade Ponzu sauce and bake it with fresh dill tonight. A dressed arugula bed with sliced almonds and Mandarin orange sections serves as a presentation platform for the salmon. Finish the plate with a tasty Herbed Couscous Pilaf.

**Preparation Time: 45 minutes - Servings 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients so they're at your fingertips. You'll use juice from 2 lemons tonight: 1 T. lemon for Herbed Couscous Pilaf, 2 T. for the Ponzu Sauce and 1 T. for Arugula Salad.

### Couscous and Bulgur

2-1/4 C. water  
1/2 of a "Not Chick'n" Bouillon cube  
3/4 C. couscous  
1/4 C bulgur

### Ponzu Sauce and 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)  
two 5 oz. salmon fillets  
1 T. fresh dill (chopped)

### Arugula Salad

3 C. arugula (washed and dried)  
3 T. sliced almonds (toasted)

#### Dressing:

2 tsp. olive oil  
1 tsp. honey  
1 T. lemon juice  
1 T. low-sodium vegetable broth  
one 8 oz. can mandarin oranges (drained)  
- or -  
1 peeled and sectioned orange  
(chopped into 1" pieces)

### Herbed Couscous Pilaf

1-1/2 C. cooked couscous/bulgur  
1/3 C. green onions (stems and bulbs sliced)  
1/4 C. fresh parsley (chopped)  
1/4 C. fresh cilantro (chopped)  
1/3 C. fresh basil (chopped)

1 T. lemon juice  
2 T. low-sodium vegetable broth  
pinch of salt

3/4 C. frozen peas

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

### Preheat Oven to 425°

### Basic Assembly Instructions

Assemble the couscous pilaf first. Bring water to a boil and stir in 1/2 of a bouillon cube until cube dissolves. Add couscous and bulgur and stir well. Turn off heat and cover for 15-20 minutes. It will hold nicely while the Salmon cooks. Assemble and dress the arugula salad just before dining.

### Arugula Salad

1. Place washed and dried arugula in a medium-sized mixing bowl with toasted almonds.
2. Mix oil, honey, lemon juice and broth in a small bowl and microwave 40 seconds. Allow to cool for a few minutes. Stir well to dissolve honey. Toss with arugula until well coated.
3. Arrange orange sections over the salad during the plating process.

### Ponzu Sauce and Salmon

1. Mix ponzu sauce ingredients together.
2. Oil a baking dish with canola oil and place salmon, skin-side-down, in dish. Drizzle with 3/4 of the ponzu sauce. Sprinkle with dill. Slide into the preheated oven. Cook 15 minutes.
3. When timer sounds, remove salmon from the oven and drizzle with remaining ponzu sauce.

### Herbed Couscous Pilaf

1. Measure 1 -1/2 C. cooked couscous/bulgur into a medium-sized bowl.
2. Add prepped green onions, parsley, cilantro and basil to bowl with couscous.
3. Stir lemon juice, broth and salt together in a small bowl and add to the pilaf. Toss.
4. Place peas in boiling water and boil for 5 minutes. Drain and stir into pilaf. Set aside.

### Plate the Meal

1. Divide dressed arugula between two serving plates.
2. Remove skin from back of cooked salmon and place a 4-5 oz. piece of salmon on top of each arugula salad bed.
3. Fan 6-7 orange sections over salad but not over the salmon.
4. If needed, reheat couscous 40 seconds in the microwave and spoon 1 C. per serving onto each dinner plate.

### What I've Learned from this Recipe

Tonight, ponzu sauce and fresh dill leaves are applied before cooking the salmon. Ponzu is a classic Japanese condiment made up of a mixture of sweet, acidic and salty elements. This is a simplified, homemade version.

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