

Spice-Roasted Salmon with Roasted Cauliflower

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Moroccan spices usually blend the earthy (cumin) with the warm and fragrant (coriander and allspice). Salmon and cauliflower embrace these spices well. We start the cauliflower at a higher oven temperature to achieve better browning, then reduce the heat so the salmon cooks evenly and stays juicy. You could also sear the salmon on the stove while the cauliflower roasts: Cook in a skillet over medium for about 4 minutes on each side or until done.

Ingredients

1 tablespoon olive oil
1 teaspoon ground cumin, divided
 $\frac{3}{4}$ teaspoon kosher salt, divided
 $\frac{1}{8}$ teaspoon freshly ground black pepper
4 cups cauliflower florets
 $\frac{1}{4}$ cup chopped fresh cilantro
 $\frac{1}{4}$ cup golden raisins
1 tablespoon fresh lemon juice
 $\frac{1}{2}$ teaspoon ground coriander
 $\frac{1}{8}$ teaspoon ground allspice
4 (4 1/2-oz.) skin-on salmon fillets (about 1 in. thick)
Cooking spray
4 lemon wedges

Method

1. Preheat oven to 450°F.
2. Combine olive oil, 1/2 teaspoon ground cumin, 1/4 teaspoon salt, and black pepper in a large bowl. Add cauliflower florets; toss well to coat. Arrange cauliflower in a single layer on a rimmed baking sheet; bake at 450°F for 18 to 20 minutes or until cauliflower is browned and tender. Combine

the cauliflower mixture, cilantro, raisins, and lemon juice in a bowl; toss gently to combine.

Prep

- Active: 20 Minutes
- Total Time: 30 Minutes

Source: Cooking Light (Servings: 4 | Yield: 1 fillet and 3/4 cauliflower per serving)