

Quick-Roasted Salmon with Sautéed Cabbage

Serves 4 : ~35 minutes plus marination time : Recipe by Ronny Lvovski from Primal Gourmet

Reminder: You'll marinate the salmon for 1-4 hours so make sure you do that step ahead of time.

Ingredients:

Salmon

- ¼ cup coconut aminos
- 2 garlic cloves, finely chopped
- 1 tblsp Dijon mustard
- 1 tblsp toasted sesame oil
- 1 tblsp pure maple syrup
- 1½ tsp grated fresh ginger
- 1 (2-pound) slab of salmon
- ¾ cup raw unsalted cashews, roughly chopped
- 2 scallions, white & light green parts only, thinly sliced
- rice of choice for serving

Cabbage

- ½ of a large head of green or purple cabbage, thinly sliced
- 1 tblsp avocado oil
- 1 tsp salt
- ¼ tsp black pepper
- leftover marinade from the salmon
- optional: sesame seeds for garnish

Instructions:

The Salmon:

- In a medium bowl, combine the coconut aminos, garlic, mustard, sesame oil, maple syrup, & ginger & whisk until smooth.
- Place the salmon in a zip-top bag, add the marinade, & massage to coat.
- Seal the bag & refrigerate for 1 to 4 hours.

- Meanwhile, in a dry skillet, toast the cashews over medium heat until golden brown, about 5 minutes. Set aside.
- Start your rice to package directions.
- Position racks near the top & bottom of the oven & preheat to 375°F.
- Remove the salmon from the marinade, letting any excess drip off.
- **Set the remaining marinade aside to use for the cabbage later.**
- Place the salmon skin-side down in a roasting pan or rimmed baking sheet.
- Transfer the salmon to the bottom rack of the oven & cook until the thickest part registers 115°F on an instant-read thermometer, about 20 minutes.
- **Meanwhile, start on the sautéed cabbage.**
- After 20 min, set the oven to broil & transfer the salmon to the top rack of the oven.
- Cook until the top of the salmon is golden brown & it reads 125°F internally, about 5 minutes more.
- Garnish with the toasted cashews & the scallions.
- Serve immediately with cabbage & rice.

Sauté the Cabbage:

- Preheat a large skillet over medium-high heat.
- Add cabbage, avocado oil, salt & pepper.
- Cook, stirring, until slightly softened, around 12 minutes.
- Add leftover salmon marinade & cook until golden brown (stirring occasionally), around 3 minutes.
- Taste for seasoning & adjust with salt & pepper as desired.

recipe notes:

- The original recipe doesn't use the leftover marinade to cook the cabbage but I thought it would be a great use of it! Then nothing goes to waste.
- I enjoy this with sriracha, extra soy sauce, chili oil crisp, the works!

what you learn from this recipe:

- The cashews & scallions bring this together. So good & dynamic with these flavors involved