

Pan-Roasted Salmon with Garlicky Swiss Chard and Cauliflower “Rice”

Ingredients:

Cauliflower rice:

Servings: 2

- 1 large head cauliflower (about 1½ pounds), cored and cut into florets
- 2 teaspoons extra virgin olive oil
- 1 shallot, minced
- 2 cloves garlic, minced
- 1 teaspoon tamari (or soy sauce)
- ¼ cup low-sodium chicken or vegetable stock

Salmon and Swiss chard:

Servings: 1

- 2 teaspoons extra virgin olive oil, divided
- 1 salmon fillet (about 6 ounces), skin removed
- 2 cloves garlic, thinly sliced, lengthwise
- ½ bunch Swiss chard (or kale), stems removed, sliced into ½-inch ribbons
- ½ recipe cauliflower “rice” (see preparation instructions below)

Preparation:

Start by making the cauliflower rice. Then, prepare the salmon and Swiss chard.

Cauliflower rice:

1. Pulse cauliflower florets in a food processor until they are the consistency of rice. If you do not have a food processor, you can chop the florets with a knife until they are the consistency of rice.
2. Heat olive oil in a large skillet over medium heat.
3. Add the minced shallot and cook, stirring constantly, until the shallot starts to soften—about 30 seconds.
4. Add the minced garlic and stir quickly. Then, add the cauliflower, stir, and let it cook for about a minute.
5. Add tamari and chicken or vegetable stock and cook, stirring occasionally, until the cauliflower is tender but still crunchy—about 6 minutes.

Salmon and Swiss chard:

1. Preheat oven to 425°F.
2. Season the salmon with ⅛ teaspoon of salt and freshly ground pepper.
3. Heat 1 teaspoon oil in an ovenproof skillet over medium-high heat.
4. When the oil is hot, add the salmon fillets. Cook, without touching, for about 2 minutes, until the underside starts to brown.
5. Turn the heat off, then lay the remaining sliced garlic on top of the fillets over the salmon, making sure the garlic is on top of the fish (not in the pan where it can burn).
6. Put the skillet in the oven until the salmon is cooked but still slightly pink in the middle, 6-8 minutes.
7. While the salmon cooks, heat the remaining teaspoon of oil in a large skillet over medium heat. Add the remaining sliced garlic, kosher salt, and some freshly ground pepper and cook, stirring constantly, until the garlic is fragrant—about 30 seconds.
8. Add the Swiss chard and cook, stirring often, just until the Swiss chard is bright green and soft—about 2 minutes.
9. Add the cauliflower rice and cook just until the rice is warm, about a minute more.
10. Plate all of the Swiss chard and ½ recipe of cauliflower rice on a serving plate, then top with the salmon fillet.