

Alaska Salmon With Rhubarb-Ginger Sauce And Spiralized Veggies



Preparation Time: 30 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

Rhubarb-Ginger Sauce

3 Tablespoons avocado oil, divided

2 cloves garlic, minced

2 Tablespoons minced ginger

1 cup thinly sliced rhubarb

3 green onions, sliced thinly (about 1/2 cup)

2 Tablespoons seasoned rice vinegar

2 Tablespoons liquid aminos or coconut aminos

1/4 teaspoon liquid stevia

4 Alaska salmon fillets

Spiralized Veggie Salad

4 cups cooked quinoa, kept warm

2 Tablespoons avocado oil

2 cups fresh chopped green beans

2 cups fresh snap peas, halved lengthwise diagonally

2 cups yellow summer squash, sliced in half-moons

1 to 2 cups fresh baby spinach/arugula

1 medium carrot, peeled and spiralized/julienned

1 medium beet, peeled and spiralized/julienned

1 large avocado, pitted, peeled and cut in chunks/slices

1/4 cup toasted pepitas or pine nuts

Lemon-pepper seasoning, as needed

Favorite herbed vinaigrette dressing, as needed

Description:

To make the rhubarb-ginger sauce, heat half of the oil in a sauté pan over medium-high heat. Add the garlic and the ginger and cook for about 30 seconds. Add the rhubarb and sauté for an additional 30 seconds. Add the green onion, vinegar, liquid/coconut aminos and liquid stevia. Cook to heat through; cover and keep warm.

To pan-sear the salmon, heat a skillet or heavy ridged stovetop grill pan over medium-high heat. If using frozen salmon, rinse under cold water to remove any ice glaze; pat dry with paper towel. Brush both sides of fish with remaining avocado oil. Place fish in heated pan, skin side up, and cook, uncovered, 3 to 4 minutes, until browned. Turn fish over and season lightly with salt and pepper. Cover and reduce the heat to medium. Cook an additional 6 to 8 minutes until fish is opaque throughout.

In a very large skillet or wok, heat the avocado oil, then add the green beans, snap peas and squash. Sauté the veggies over medium-high heat about 5 minutes, until crisp-tender. Remove from heat and stir in the spinach/arugula to wilt slightly.

To assemble: Stir all of the cooked quinoa into the skillet veggie mixture. Increase heat to medium and cook until warmed throughout. Taste and add ground pepper, if desired. Portion the quinoa-veggie mixture onto 4 large bowls or plates. Top the bowls with the carrot, beet, avocado and toasted pepita seeds. Drizzle salad with 3 to 4 tablespoons favorite vinaigrette dressing. Top each bowl with a salmon fillet and spoon on some rhubarb-ginger sauce.