

Salmon with Couscous

Creamy Spinach & Tomatoes

Ingredients

- 3/4 lbs salmon fillet
- couscous
- 5 oz baby spinach
- 1/2 pint grape tomatoes
- 4 oz vegetable broth
- 4 oz heavy cream
- 1 oz parmesan cheese
- 2 Tbsp softened butter
- 2 cloves minced garlic
- 1 Tbsp chopped rosemary
- fresh basil
- olive oil
- 1 tsp garlic powder
- salt & pepper



SIMPLE RECIPE

Directions

1. Preheat oven to 425 degrees F
2. Cook the couscous as directed for the serving size needed.
3. Rise and pat the Salmon dry with paper towels and place skin-side down, on the baking sheet.
4. Spread butter onto the Salmon, sprinkle the minced garlic and chopped rosemary on top of the Salmon.
5. Bake Salmon for 13-15 minutes.
6. Heat a large skillet over medium heat.
7. Add olive oil, tomatoes, and salt; cook, stirring occasionally, until the tomatoes start to burst.
8. While tomatoes are cooking, grate Parmesan and chop fresh basil leaves.
9. Once the tomatoes have burst, add Parmesan, broth, cream and garlic powder.
10. Stir to combine and bring to a boil over high heat. Once boiling reduce heat to medium and simmer, stirring occasionally, until the sauce has thickened, 6-7 minutes.
11. When the sauce is thickened, add basil and spinach to the skillet. When spinach is wilted remove from heat.
12. Plate the Salmon and couscous and spoon the creamy sauce over the top.