

SEED-CRUSTED SALMON ON HERBED CAULI RICE

This crunchly topping works really well with salmon because it complements its flavor rather than dominating it. Keep an eye on the salmon as it's cooking because it will be bitter if the seeds are scorched. Cauliflower is one of the most versatile vegetables and makes a wonderful substitute for rice. I like to add in handfuls of herbs for color and added nutrients. See page 12 for how to soak and dry the seeds.

To make the salmon, lightly crush the sunflower and pumpkin seeds using a mortar and pestle. Stir in the sesame and hemp seeds and tip onto a large plate. Put the tapioca flour on a second plate and 1 tablespoon (15 ml) of the olive oil on a third.

Coat each salmon fillet with the tapioca flour and pat to dust off the excess. Place the fillets in the olive oil for a light coating, then press them into the seeds and coat both sides.

To make the cauli rice, put a large sauté pan over medium heat and add 1 tablespoon (15 ml) olive oil. Tip in the riced cauliflower and sauté for 3 to 4 minutes, or until tender. Remove from the heat and toss in the herbs. Season to taste.

Meanwhile, heat a large frying pan over low-medium and add 1 tablespoon (15 ml) olive oil. When the pan is hot, add the fish, presentation side down, making sure the fillets don't touch each other or they will steam. Cook for 2 minutes; then turn the fillets over and cook for 2 minutes or so more, regulating the temperature so the seeds don't burn. The seeds should be golden brown and the salmon just cooked through.

To serve, divide the cauliflower rice between four plates. Arrange the salmon on top and place a lemon wedge to one side.

SERVES 4

PREP TIME: 30 MINUTES,
PLUS SOAKING
COOK TIME: 10 MINUTES

SALMON

2 tablespoons (20 g) sunflower seeds
2 tablespoons (20 g) pumpkin seeds
2 tablespoons (16 g) white sesame seeds
2 tablespoons (14 g) hemp seeds

2 tablespoons (16.5 g) tapioca flour
2 tablespoons (30 ml) extra virgin olive oil, divided

4 salmon fillets, skinless

CAULI RICE

1 tablespoon (15 ml) extra virgin olive oil

1 medium head cauliflower, riced

$\frac{1}{2}$ cup (30 g) chopped fresh flat-leaf parsley

$\frac{1}{4}$ cup (16 g) chopped fresh dill

$\frac{1}{2}$ cup (8 g) chopped fresh cilantro

Pinch sea salt

Pinch black pepper

(Stage 1)

4 lemon wedges

Sunflower, pumpkin, sesame, and
hemp Seeds

AIP COMPLIANT Omit seeds and black
pepper.

FREEZER-FRIENDLY Yes

LOW FODMAP Sub celeriac or parsnip
for cauliflower.

COCONUT-FREE Yes

2

