

Pan-Seared Salmon with Roasted Cauliflower

By Chef Adam Cobb | Turner Farm

This simple and elegant dish pairs heart-healthy salmon with caramelized cauliflower, capers, raisins, and lemon. Packed with omega-3s, antioxidants, and brain-friendly flavors, it's a balanced and beautiful plate for any night of the week.



Ingredients:

Servings: 4

- 4 portions of 4.5 oz Salmon
- 2 Tablespoons Olive oil
- 1 Cauliflower, cut into florets
- 2 Tablespoons Capers
- 2 Garlic cloves, thinly sliced
- 2 Tablespoons Raisins
- 2 Lemons (for zest and juice)
- 1/4 cup White wine
- Red chili flakes (to taste)
- Salt and pepper (to taste)
- 1/4 cup Fresh parsley, chopped

Instructions:

- **Prepare the Salmon:** Pat the salmon dry and season both sides generously with salt and pepper. Heat a non-stick pan over medium-high heat for 2 minutes. Add 1 tablespoon of olive oil and wait until it begins to smoke slightly. Place the salmon in the pan and cook for 2–3 minutes until the exterior is golden brown. Flip the fish and cook for another 2–3 minutes.
 - For medium-rare: Remove from heat and let rest.
 - For fully cooked salmon: Transfer the pan to a 400°F oven and cook for an additional 2 minutes, or until the internal temperature reaches 145°F.
- **Prepare the Roasted Cauliflower:** Cut the cauliflower into uniform florets, trimming stems to create bite-sized pieces. Heat a sauté pan over medium-high heat for 2 minutes. Add 1 tablespoon of olive oil and allow it to smoke slightly. Add the cauliflower florets and season with salt and pepper. Let them cook undisturbed for 1–2 minutes to build color, then toss to evenly brown. Add raisins, sliced garlic, lemon zest, and capers, and toss again to combine. Carefully remove the pan from heat, add white wine, and return to heat. Cover and cook over low heat for 3–5 more minutes until the cauliflower is tender.
- **Finish and Serve:** Remove from heat and toss the cauliflower with chopped fresh parsley and a squeeze of lemon juice. Season with additional salt, pepper, and red chili flakes to taste.

TIP: Serve alongside the salmon for a vibrant, brain-healthy MIND Diet meal.



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