Dinner

Baked Salmon with Spicy Date Sauce

Oven baked sockeye salmon fillets are covered in a sweet and spicy sauce of mashed California dates, harissa, and warm spices. Fresh cilantro and a squeeze of lime finish each serving.



Dairy free

20 min	250	10 g	6 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 5 whole California dates (pitted)
- [ ] 3 tbsp water
- [ ] 2 tbsp olive oil
- [ ] 1 tbsp harissa or hot chili paste
- [ ] 1 tbsp fresh lime juice
- [ ] 3 clove garlic (finely chopped)
- [ ] 1/2 tsp ground cumin
- [ ] 1/2 tsp ground coriander
- [ ] 1/4 tsp kosher salt
- [ ] 4 whole sockeye salmon (4-oz fillet)
- [ ] 2 tbsp fresh cilantro (chopped)
- [ ] 1 whole lime (cut into 4 wedges)

Method

- [ ] **1** Set the oven to 400°F.
- [ ] **2** Give 3 of the California dates a rough chop and drop them into a small bowl with the water, then chop the remaining 2 California dates and keep them to one side.
- [ ] **3** Microwave the dates and water for 45 seconds to 1 minute until they soften, then carefully mash them with a fork into a thick paste. Stir in the olive oil, harissa or hot chili paste, fresh lime juice, garlic, ground cumin, ground coriander, and kosher salt until the sauce comes together.
- [ ] **4** Lay the sockeye salmon fillets in a large baking dish and spoon the date and harissa sauce over each one so the fish is completely coated, then scatter the reserved chopped dates on top.
- [ ] **5** Bake for 10-14 minutes until the salmon reaches 145°F and flakes easily when pressed with a fork, then take the dish out of the oven and scatter the fresh cilantro over the salmon.
- [ ] **6** Serve each fillet with a lime wedge alongside for squeezing over.

Nutrition Facts

Per serving

Calories	**250**
Total fat	13 g
Saturated fat	2 g
Sodium	220 mg
Total carbs	10 g
Fiber	1 g
Total sugars	6 g
Protein	26 g

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