

## Spice-Rubbed Salmon with Sauteed Greens | bites out of life

Salmon recipe adapted from [Epicurious](#)

- 4 4-ounce salmon fillets\*
- 1 tablespoon fennel seeds
- 1 teaspoon coriander seeds
- 1 tablespoon lemon juice
- 2 tablespoons olive oil
- salt and pepper, to taste
- lemon or lime slices (optional)

\*We used salmon steaks, which we cut in half and deboned. You can choose to keep the skin off or remove it before cooking.

- 1) Rinse the salmon fillets and trim/debone if necessary. Place in a large bowl.
- 2) Using a spice grinder or mortar and pestle, coarsely grind the coriander and fennel seeds together. Add the seeds, salt and pepper, lemon juice and oil to the fish and rub the spices into each side of the salmon fillets. Let sit for a few minutes as you turn your oven's broiler to high.
- 3) Place the fish on a lined baking sheet, topping with the lemon or lime slices if desired. Broil for 6 minutes, turning halfway.

For the greens:

- 2 tablespoons olive oil
- 1 clove garlic, sliced
- 5 ounces mixed greens, such as spinach, chard and dandelion (we used a Satur Farms stir-fry blend), trimmed and rinsed
- 1 teaspoon crushed red pepper
- salt and pepper, to taste

1) Heat the oil on medium in a large skillet. Add the garlic and saute until slightly browned. Add the greens, crushed red pepper, salt and pepper, and saute until the greens are wilted, about 5 minutes.

From: <http://www.bitesoutoflife.com/2011/06/06/spice-rubbed-salmon-with-sauteed-greens/>