

# Lemon Mint Tabouli with Pan-Seared

## Salmon

*Serves: 4*



### Ingredients

- ¼ cup uncooked bulgur
- 4 Tbsps extra virgin olive oil
- 1 lemon, zested and juiced
- ¼ tsp sea salt
- 1 tsp black pepper
- 2 cloves garlic, minced
- 1½ cups fresh mint, finely chopped
- 4 stalks green onion, finely chopped
- 1 cup ripe tomato, ¼-inch diced
- 1 pound salmon filets, skin-on and cut into 4 portions
- ½ tsp freshly ground black pepper
- ½ cup curly parsley, finely chopped

### Method

1. Place bulgur in a small bowl and add ¼ cup boiling water. Cover with plastic wrap and set aside for 30 minutes. Fluff with a fork after the water is completely absorbed.
2. In a large mixing bowl, combine 2 Tbsps olive oil, lemon zest, lemon juice, salt and ½ tsp black pepper. Stir in garlic, parsley, mint, onion and tomato. Add bulgur and mix well.
3. Season flesh side of salmon filet with ½ tsp pepper. Heat 2 Tbsps olive oil in a large nonstick sauté pan over medium-high heat.
4. Add fillets flesh side down and sear for 4 minutes. Then turn over and cook another 4 minutes until fish is barely translucent in the center. Serve over the tabouli.

**Per serving:** 393 calories, 31g protein, 32g carbohydrate, 18g fat (3g sat, 10g mono), 11g fiber, 253mg sodium



### Seasoned Cook

Cooking time for fish varies, but about 6 to 8 minutes per inch of thickness is standard. To test doneness, press the flesh gently and look for flaking. Remove from heat when the center is still a bit shiny, as it will continue cooking off the heat.

