MIDDLE EASTERN · DINNER

# Samkeh Harra: Lebanese Salmon with Tahini Sauce

40 min · Serves 4 · 673 kcal a serve · Video 9:07 · Suha's Dishes

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed

About 40 g of protein and 3.7 g of omega-3 a serve, and rich in vitamin D, B12 and selenium from the salmon. The tahini, olive oil and pine nuts add mostly unsaturated fat, with no dairy or flour.

**Diet notes:** Keto (9.5 g net carbs a serve).

**Scan for the video,** full nutrition and more free recipes

## Ingredients 16 · SERVES 4

- [ ] 1 **salmon fillet** (1½ lb)
- [ ] 2 tbsp extra **virgin olive oil**, for the fish
- [ ] ½ tsp **salt**, for the fish
- [ ] ½ tsp **ground cumin**
- [ ] ¼ tsp **black pepper**
- [ ] 2 tbsp extra **virgin olive oil**, for the sauce
- [ ] ½ cup chopped **onion**
- [ ] 4 cloves **garlic**, crushed with ½ tsp salt
- [ ] ½ tsp **salt**, crushed with the garlic
- [ ] 1 bunch **coriander** (cilantro), finely chopped
- [ ] ½ cup **tahini**
- [ ] ¾ cup **freshly squeezed lemon juice**
- [ ] ½ cup **water**
- [ ] ½ tsp **salt**, for the sauce
- [ ] ¼ tsp **cayenne pepper**
- [ ] 2 tbsp (1 oz) **toasted pine nuts**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** Fish, Tree nuts, Sesame. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Soften the onion in 2 tbsp olive oil over medium heat without letting it brown. Stir in the garlic crushed with ½ tsp salt, then the chopped coriander, and cook a minute or two until it wilts. Set the pan aside. 0:32
2. Heat the oven to 350°F. Lay the salmon on a foil-lined tray, season with ½ tsp salt, the cumin and pepper, then rub all over with 2 tbsp olive oil. 1:58
3. Bake on the middle rack for about 15 minutes, until just cooked through, and move it to a serving platter. 4:04
4. Whisk the tahini, lemon juice, water, ½ tsp salt and the cayenne until smooth. Pour it into the pan with the onion and coriander and stir over low heat until it thickens like a loose custard. 4:33
5. Spoon the tahini sauce over the salmon and scatter with the toasted pine nuts. Serve warm or at room temperature. 7:32

> **Tip** Serves 4 (our estimate). The cook decorates the platter with lemon slices and parsley. Leftovers keep 2 days in the fridge and are good at room temperature. Any firm white fish also works.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE |
|---|---|---|
| 673 kcal<br>2,820 kJ | 40 g<br>80% of a day | 13 g<br>9.5 g net · 2.3 g sugars<br>5% of a day |

| FIBRE | FAT | SODIUM |
|---|---|---|
| 3.8 g<br>14% of a day | 53 g<br>8.2 g saturated<br>68% of a day | 1,000 mg<br>44% of a day |

**Energy from** net carbs 6% · protein 24% · fat 70% — fits keto: 9.5 g net carbs, 70% of the energy from fat

**High in** (20%+ of a day) Omega-3 230% · Vitamin B12 175% · Selenium 133% · Vitamin D 82% · Vitamin B6 61% · Vitamin E 55% · Vitamin C 31% · Vitamin K 29% · Magnesium 23% · Zinc 23% · Folate 23% · Iron 22%

**Source of** (10–19%) Potassium 18% · Calcium 13% · Vitamin A 13%

**Recipe and video:** Suha's Dishes (@suhasdishes232) on YouTube — youtube.com/watch?v=1UvqPL6UbAo, published 6 May 2020. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/samkeh-harra-salmon-tahini