

Sockeye Salmon Quinoa Taco Bowls

Hazel Blue Acres - Silvana, WA

Serves 3-4

1 large ripe mango, cubed	½ cup sour cream	1 lb sockeye salmon, pin bones & skin removed, then cut into 4 fillets	1 cup quinoa, steamed
½ cup red onion, diced	¼ cup milk, for thinning	2 Tbls (avocado or olive) oil for the pan	2 cups black beans, heated through
2 Tbls. Jalapeno, minced	1 lime, juiced	1 tsp. chili powder	2 cups cabbage, shredded
½ cup cilantro, finely chopped	¾ tsp garlic powder	1 tsp. cumin	1 avocado, sliced
1 lime, juiced salt to taste	Salt to taste	1 tsp. sugar	1 lime, cut into wedges

For the Mango Salsa: To a medium bowl, add the mango, red onion, jalapeno and cilantro. Squeeze lime juice over top, season with salt and stir to combine. Cover and refrigerate until ready to serve.

For the Lime Crema: In a small bowl, whisk together the sour cream, milk, lime juice and garlic powder until smooth and combined. More milk (up to ¼ cup) can be added as needed to thin the mixture so that it has a pour-able consistency. Season it generously with salt. Cover and refrigerate until ready to serve.

For the Salmon: Heat a heavy bottomed skillet to medium high heat. Add the avocado or olive oil to the pan. Pat each fillet dry and season each with salt and pepper. In a small bowl, stir together the chili powder, cumin and sugar. Sprinkle the seasoning mixture over each fillet to coat, patting the seasoning down so that it adheres to the fish. Sear the salmon fillets in the hot pan, about 2-3 minutes per side for medium (cooking times will vary depending on the thickness of your fillet), being careful not to over cook.

To assemble the Bowls: In each bowl, layer the ingredients beginning with a base of quinoa, followed by black beans, then cabbage. Top the cabbage with the salmon fillet. Top the salmon fillet with a generous portion of mango salsa. Drizzle the entire bowl with lime crema. Serve with avocado slices and lime wedges and your favorite hot sauce on the side.