

# Salt and Serenity

## Cilantro Lime Salmon with Cumin Roasted Carrots

Any combination of tender green herbs will work with this recipe. Feel free to use any combination of cilantro, basil, Italian parsley, mint or dill.

Serves 4

### **Carrots:**

2 pounds carrots, with tops on, if you can find them  
2 Tablespoons extra-virgin olive oil  
1 teaspoon kosher salt  
¼ teaspoon freshly ground black pepper  
½ teaspoon ground cumin

### **Salmon marinade:**

¼ cup fresh cilantro leaves  
2 Tablespoons fresh mint leaves  
2 Tablespoons fresh Italian parsley leaves  
2 tablespoons shelled salted toasted pistachios  
2 tablespoons lime juice  
2 teaspoons honey  
1 teaspoon Dijon mustard  
½ teaspoon kosher salt  
¼ teaspoon freshly ground black pepper  
⅓ cup extra virgin olive oil  
4 6-ounce pieces of salmon fillets

### **Garnish (optional)**

2 Tablespoons shelled pistachios, chopped  
2 tablespoons cilantro, parsley or mint, coarsely chopped

1. Preheat oven to 400°F. Cut tops off carrots and leaving about 1 inch of stem. (They look prettier with a bit of stem attached.) Wash carrots well and cut, lengthwise, in half or into quarters if very thick. Transfer carrots to a large mixing bowl. Drizzle with olive oil. Sprinkle salt, pepper and cumin over the carrots. Use your hands to toss and mix so that all the carrots are evenly coated.
2. Arrange carrots in a single layer on a parchment lined baking sheet. Cover baking sheet with a sheet of foil and bake covered for 15 minutes. Remove foil. Bake for another 30-35 minutes, until slightly charred.
3. While carrots are roasting, prepare cilantro-lime marinade. Place herbs, pistachios, lime juice, honey, mustard, salt and pepper in blender and process for 30 seconds. While blender is still going on low speed, slowly drizzle in olive oil. Continue blending until marinade is smooth.

4. Line a baking sheet with parchment paper. Arrange salmon fillets on baking sheet. Sprinkle lightly with kosher salt and pepper. Spoon herb marinade over salmon and use your clean hands to coat each piece of fish all over. Bake fish for 12-14 minutes, until cooked. If you are unsure of when the fish is done, insert an instant read thermometer into the side of the fish and check for a temperature of 125°F. Sprinkle with chopped herbs and pistachios if desired, before serving.