

## Salmon Baked in Salt Crust with Curried Vegetable Stew

Serves 8

3 cups coarse kosher salt

3 cups all-purpose flour

2 ounces + 2 1/2 tablespoons curry powder

2 1/2 - 3 cups water

2 sides salmon, skin intact, pin bones removed

salt and fresh ground pepper

1 bunch thai basil, leaves picked, washed and chopped

1 bunch cilantro, leaves picked, washed and chopped

2 tablespoons extra virgin olive oil

1/3 cup chopped garlic

1/3 cup chopped fresh ginger

1 head cauliflower, cut into medium florets

1 medium leek, sliced in half lengthwise and sliced 1" thick

3 red bell peppers, large dice

1 large head collard greens, cleaned (about 6 cups)

1 1/4 cups low sodium chicken broth

3/4 cup low-fat low salt marinara

1 15-ounce container Fage 2% Greek yogurt

Preheat oven to 400 degrees. In a large bowl, mix the salt, flour and 2 ounces curry powder. Add the water and stir to form a slightly stiff dough. Season flesh side of salmon with salt and pepper.

Scatter 1/2 of the basil and 1/2 of the cilantro onto the flesh of one of the sides of salmon. Lay other filet on top, flesh-side down, to simulate a whole fish. Roll out dough on floured surface to about 1/4 inch thick. Lay down a piece of dough just slightly larger than the salmon on a parchment lined 1/2 sheet tray. Lay salmon package on top of dough. Cover salmon with remaining dough and press edges to seal. Place fish in oven and bake until the crust begins to brown (about 30 minutes) and fish is just cooked through. Slit the crust and peel it away from the fish and discard before serving the fish.

Heat olive oil over high heat in a large Dutch oven. Add garlic and ginger and saute until fragrant, about 1 minute. Stir in remaining 2 1/2 tablespoons curry powder and saute 1 more minute. Add cauliflower, leeks and peppers to the pan and season well with salt and pepper. Add chicken broth, currants and marinara to the pan and bring to a simmer. Stir in collard greens. Cover with lid and cook, stirring often, until vegetables are tender, about 12-15 minutes. Turn off heat and stir in remaining herbs and yogurt. Adjust seasonings, if necessary. Slice salmon into portions and serve with curried vegetables.