Blue Zone Salmon Salad with Honey Dressing

EASY • 1 HOUR 15 MINS

Fresh, vibrant and made for long lunches in the sunshine. This honey-glazed salmon salad from @glowbygrace__ brings together caramelised sweet potato, salmon, couscous, rocket, creamy goat's cheese, and pomegranate, all finished with a bright Capilano Pure Honey dressing. Sweet, savoury and satisfying, it's the kind of wholesome meal you'll want on repeat.



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	20	55	4

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!

Ingredients

- 3 large sweet potatoes, cut into wedges (approx. 5 cups when cooked)
- 400-450g of skinless salmon (approx 2 fillets)
- 1tbsp Capilano Pure Honey
- 1/2 lemon, sliced
- 1 teaspoon of minced garlic
- Salt & pepper
- Olive oil (for roasting)

Salad

- 1/2 cup couscous, cooked
- 4 cups of rocket
- 1/3 cup pistachios
- 1/3 cup pomegranate seeds
- 1/4 cup dill, chopped
- 1/2 cup goat's cheese, crumbled

Dressing

- 6 tbsp extra-virgin olive oil
- 1 tbsp Capilano Pure Honey
- 2 tbsp balsamic or red wine vinegar
- 1/2 teaspoon garlic powder
- 5 tbsp fresh squeezed orange juice (about 1- 2 large orange)

Method

1. Preheat the oven to 200°C. Line a baking sheet with baking paper.

2. Toss wedges of sweet potato in oil and season with a generous pinch of salt and pepper. Spread evenly across the baking sheet. Roast for 20 minutes and then remove from the oven, flip the wedges and cook for another 15-20 mins until fork-tender. Remove to cool, but leave the oven at 200°C.

3. Cook the couscous according to package directions and set aside to cool.

4. Add salmon to a lined baking tray and season with a drizzle of olive oil, then spread minced garlic across both pieces of salmon. Drizzle Capilano Pure Honey, sprinkle a pinch of salt and pepper. Top with lemon slices.

5. Bake salmon for 12 - 15 minutes, until cooked through. Remove from the oven and set aside to cool.

6. Whisk together the dressing ingredients until combined and set aside.

7. To assemble: Place warm sweet potato wedges in a bowl.

8. Roughly break salmon into flaky pieces and add.

9. Toss in cooked couscous, rocket, pistachios, pomegranate seeds, dill, and goat's cheese and dressing. Mix well to combine.

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!