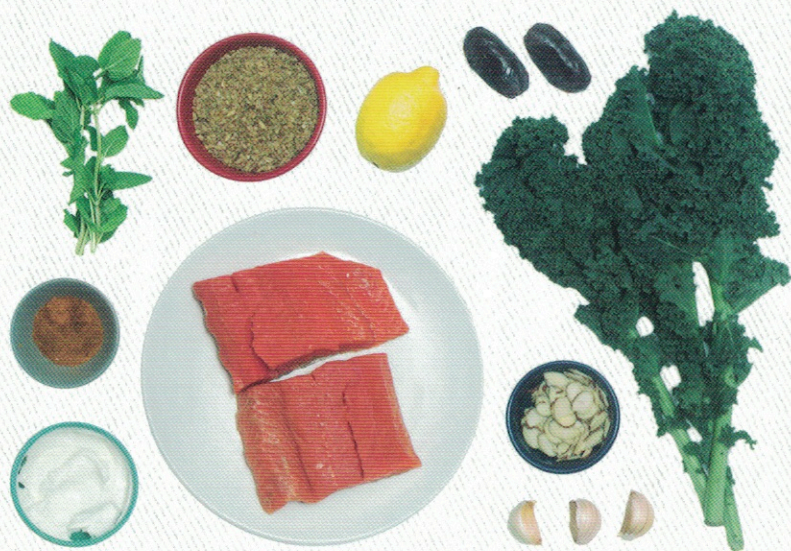


# Sumac-Spiced Salmon & Labneh

*with Freekeh, Kale & Almond Salad*

In this vibrant recipe, our seared salmon gets a lift from the distinctive flavors of turmeric and sumac—a red spice used for centuries to add lemony brightness to Middle Eastern dishes. We're serving the fillets over a warm salad made with cracked freekeh, an ancient grain with a deliciously nutty taste. Seasoned with fresh mint and lemon juice, a dollop of labneh, favored for its yogurt-like texture and tang, makes for a delightfully cooling finish.



## Ingredients

- 2 Skin-On Salmon Fillets
- ½ Cup Cracked Freekeh
- 3 Cloves Garlic
- 1 Bunch Kale
- 1 Lemon
- 1 Bunch Mint

## Knick Knacks

- 2 Tablespoons Sliced Almonds
- 1 Ounce Medjool Dates
- ¼ Cup Labneh Cheese
- 2 Teaspoons Salmon Spice Blend  
(Ground Sumac & Ground Turmeric)

**Makes:** 2 servings | **Calories:** about 675 per serving  
**Prep Time:** 10 minutes | **Cook Time:** 20–30 minutes



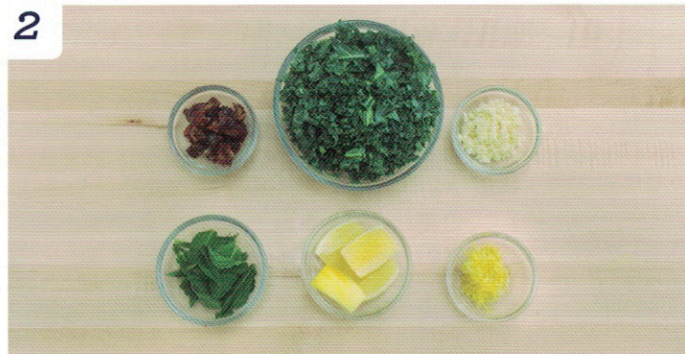
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## Cook the freekeh:

Heat a large pot of salted water to boiling on high. Once boiling, add the **freekeh** and cook 22 to 25 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

2



## Prepare the ingredients:

While the freekeh cooks, wash and dry the fresh produce. Peel and mince the garlic. Remove and discard the kale stems; finely chop the leaves. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Pick the mint leaves off the stems; discard the stems. Pit and roughly chop the dates.

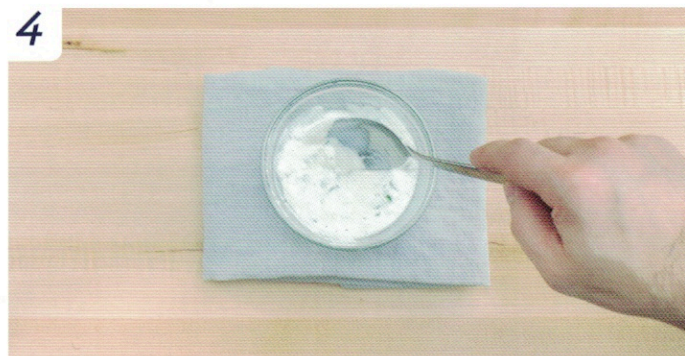
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## Cook the kale:

While the freekeh continues to cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic** and **almonds**; season with salt and pepper. Cook, stirring occasionally, 30 seconds to 1 minute, or until fragrant. Add the **kale** and **¼ cup of water**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until the kale has wilted and the water has cooked off. Transfer to a bowl and set aside in a warm place. Rinse and wipe out the pan.

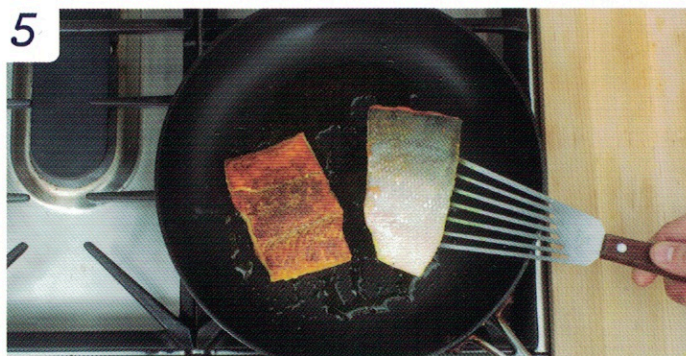
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## Season the labneh:

While the kale cooks, in a bowl, combine the **labneh**, **half the mint** (roughly chopping just before adding) and **the juice of 2 lemon wedges**; season with salt and pepper to taste.

5



## Coat & cook the salmon:

While the freekeh continues to cook, place the **spice blend** on a plate. Pat the **salmon fillets** dry with paper towels; season with salt and pepper on both sides. Coat the skinless side of each seasoned fillet in the spice blend (tapping off any excess). In the pan used to cook the kale, heat 2 teaspoons of olive oil on medium-high until hot. Add the fillets, coated sides down, and cook 2 to 3 minutes per side, or until browned and cooked to your desired degree of doneness. Transfer to a plate.

6



## Finish the freekeh & plate your dish:

Stir the **cooked kale**, **lemon zest**, **dates** and **the juice of the remaining lemon wedges** into the pot of **cooked freekeh**; season with salt and pepper to taste. Divide the finished freekeh between 2 dishes. Top with the **cooked salmon fillets**. Garnish with the **seasoned labneh** and **remaining mint**. Enjoy!