



Salmon couscous

Serves: 4

Time

Preparation time 10 minutes

Cooking time 20 minutes

Ingredients

- low-calorie spray oil
- 1 courgette, cut in half lengthways, then cut into 1 inch chunks
- 1 red onion, cut in half and sliced into wedges
- 1 red pepper, deseeded cut into chunks
- 1 orange pepper, deseeded and cut into chunks
- 2 tablespoons balsamic vinegar
- 1 pinch cayenne or paprika
- 1 chicken stock cube (try to use low-salt) dissolved in 300ml boiling water
- 250g couscous
- 240g fresh salmon or tinned Pacific salmon

To serve

- 2 tablespoons low-fat balsamic dressing
- 1 bag (70g) of baby leaf salad or wild rocket (optional)





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Method

1. Preheat the oven to 180°C or gas mark 4.
2. Spray a large baking tray with oil, then place in the hot oven to heat while you prepare the vegetables.
3. Remove the tray from the oven and tip the prepared vegetables on to it, then spray with oil, add balsamic vinegar and a pinch of cayenne or paprika, mix the vegetables well to coat then return to the oven for 20 minutes and roast until slightly charred but still firm.
4. Meanwhile prepare the couscous: bring 300ml chicken stock to the boil in a medium saucepan, add the couscous, stir, remove from the heat and place a lid on top. Allow the couscous to stand for 10 minutes, then use a fork to fluff and separate the grains.
5. Add the cooked vegetables to the couscous and stir well.
6. Now prepare the salmon: If you are using fresh salmon, pop it into the hot oven for 5–10 minutes until cooked. If you're using tinned salmon, open the cans and remove the drained salmon – you may wish to remove any bones and skin.
7. Break the salmon into large flakes and mix into the couscous.
8. Mix balsamic dressing through the salad leaves and add to the couscous before serving.

Tip

- Alternatives to salmon: tinned tuna, prawns or leftover cooked chicken or lamb.
- This can also be served (without the salmon) as an accompaniment for barbecued food.
- This is a great recipe for a special occasion or a gathering of friends and family.