






More Than Food
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Moroccan Spiced Salmon with Lemon and Onion Couscous

Ever wonder who that chirpy person is who replies to your tweets and Facebook messages? It's none other than Nia! Nia joined the Fresh Farm a while ago and wins over the hearts of the team by getting all sorts of tasty samples delivered to us every week, for our tasting sessions. Our Seasoned Pioneers Ras-el-Hanout is Nia's favourite sample, which is what inspired this week's delicious salmon. Nia is also one of the judges for our weekly Recipe Photo of the Week competition, so it pays to be on her good side!

 35 mins

 lactose free

 healthy



Ras-el-Hanout (1 tbsp)



Salmon Fillet (2)



Red Onion (½)



Mint (3 tbsp)



Vine Tomato (2)



Vegetable Stock Pot (½)



Couscous (¾ cup)




Lemon (½)

Ingredients

2 PEOPLE

ALLERGENS

| | | |
|----------------------|--------|-------------------|
| Ras-el-Hanout | 1 tbsp | |
| Salmon Fillet | 2 | Fish |
| Red Onion, chopped | ½ | |
| Mint, chopped | 3 tbsp | |
| Vine Tomato, chopped | 2 | |
| Vegetable Stock Pot | ½ | Sulphites, Celery |
| Couscous | ¾ cup | Gluten |
| Lemon | ½ | |

 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Salmon's pink colour comes from eating food rich in beta-carotene, an orange or red pigment found in many plant structures.

Nutrition per serving: Calories: 556 kcal | Protein: 36 g | Carbs: 60 g | Fat: 19 g | Saturated Fat: 4 g



1 Mix the **ras-el-hanout** with 1 tsp of **olive oil**. Rub the mixture over the **salmon** and season with a pinch of **salt** and a good grind of **black pepper**. Leave to rest until we've done a bit more of the prep.



2 Peel and finely chop the **red onion**. Finely chop the **mint** leaves. Finely chop the **vine tomatoes** into cubes (½cm small if your knife skills allow!).



3 Heat 1 tbsp of **olive oil** in a frying pan on medium-low heat. Add the **red onion** with a good pinch of **salt** and **pepper**. Slowly cook with a lid on the pan for 20 mins until soft and sweet. **Tip:** *Check back to make sure they are not sticking to the pan and add a dash of water if they are.*



4 Once the **red onion** is cooked add 250ml of **water** to the pan. Once it comes to a boil add half the **vegetable stock pot** and remove the pan from the heat. Add the **couscous** into the pan and stir everything together. Place a lid on the pan for 5 mins whilst you cook the fish.

5 Pre-heat your grill to high. Heat 1 tsp of **olive oil** in a non-stick frying pan on medium heat. Get your pan nice and hot before placing the **salmon** in the pan, skin-side down. Cook for 4 mins without touching the **salmon**.

6 Take your **salmon** off the hob and place it on the top shelf under your grill. Leave it for 4 mins, or until cooked to your liking. Remove from under the grill and add 2 tsp of **butter** (if you have some and feel decadent!). Squeeze 2 tsp of **lemon** juice and spoon over your **salmon**.

7 Stir the chopped **mint** and **tomato** into the **couscous**. Pour any juices from the pan into the **couscous** and stir. Grate in ¼ tsp of **lemon** zest (more if you want it really citrusy).

8 To serve, place your **couscous** into your bowl, top it off with your **salmon** and squeeze over a little more **lemon** juice.