

## Couscous Salmon

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Prep Time ~ 40 mins	Cooking Time ~10 mins
Approx Cost ~ £15	Difficulty ~ Easy
Freeze ~ No	Serves ~ 4

Tip ~ You could use thick cod loin fillets for this recipe instead of the salmon.

### Ingredients

Grated rind and juice of 2-3 lemons

50g / 2oz couscous

Salt and black pepper

4 skinless, boneless salmon fillets, each about 175g / 6oz each

25g /1oz plain flour

1 egg, beaten

175g /6oz stoned mixed olives

2 anchovy fillets

5 tbsp olive oil

1 tbsp capers

2 tbsp chopped fresh flat leaf parsley

1 garlic clove, peeled and sliced

450g /1lb tomatoes, chopped

### Method

- Reserve 1 tbsp lemon juice, then make the rest up to 175ml / 6floz by adding boiling water. Pour over the couscous, then leave for 15 minutes or until the grains have absorbed the liquid.
- Stir in the lemon rind and season well. Spread the couscous on a tray and place in a warm place for about 20 minutes to dry out a little.
- Season the salmon and dip each fillet into the flour, then beaten egg and finally the couscous mixture. Cover lightly and chill for about 1 hour or overnight.
- Place the olives, anchovies, 2 tbsp oil and the reserved lemon juice in a food processor; blend for about 5 seconds.

- Spoon the mixture into a bowl, add capers, parsley and garlic and set aside.
- Drizzle the tomatoes with 1 tbsp olive oil and season well. Heat the remaining oil in a non-stick frying pan, then fry the salmon for 4 minutes on each side or until golden. Keep warm.
- Fry the tomatoes in the oil clinging to them, for 1-2 minutes. Add the olive mixture and warm through. Serve with the salmon.