



Baked Salmon with Couscous

This is a great way to bake any kind of fish. Any juices from the fish trickle into the couscous, making it extra tasty. This dish serves 3 on its own or 4 with a salad

Serves 3 - 4

- 130g couscous
- 150g water
- ½ tsp vegetable bouillon
- 3 spring onions, thinly sliced
- 1 tbsp chopped tarragon
- 1 tbsp chopped coriander
- 12 black olives, sliced
- 1 green chilli (optional)
- 12 cherry tomatoes, quartered
- Juice of 1 lemon
- 1 tbsp oil
- Salt & pepper
- 3 – 4 fillets salmon



1. Heat the oven to 200C/400F/Gas6
2. Boil the water and vegetable bouillon in a small pan. Add the couscous, stir, remove from the heat, put a lid on the pan and allow to sit for 10 minutes to absorb the liquid.
3. Chop the vegetables and herbs, stir through the couscous with the lemon juice and season to taste.
4. Rub the oil around an oven proof dish, spoon the couscous into the dish and roughly level.
5. Place the salmon fillets over the top of the couscous and season well with salt & pepper.
6. Put into the oven and bake for 15 mins. Serve on its own or with salad.

Hints, Tips and Adaptations

For gluten free, use quinoa instead of couscous, dairy free.

Use chunky cod fillets or other fish. If the fillets are thin, roll or fold them to make them thicker.

Swap the herbs for mint, parsley, tarragon or dill.