

# Sweet Chilli Salmon, Couscous & Salad



## Ingredients

- 4 x 100g salmon steaks
- 4 tbsp sweet chilli sauce
  - 1 tbsp soy sauce
- Thumb sized piece of ginger, grated
  - 1 tbsp oil
  - 20g butter
- Juice of a 1/2 lemon
  - Salt & pepper
  - ½ bag of salad

### For the couscous

- 1 onion, diced
- 1 pepper, sliced
- 1 garlic clove, crushed
  - 1 tsp paprika
  - 1 tsp turmeric
  - 1 tsp cumin
- 200g frozen peas
  - 1 tin chickpeas
- 450g veg stock
  - 120g couscous

## Methods

1. Mix the 2 tbsp of sweet chilli sauce, the soy, and ginger in a dish and add the salmon. Spoon the marinade over the salmon and place in the fridge for 30 minutes.
2. Heat the oil and butter on a low heat till bubbling.
3. Raise the heat slightly and place the salmon skin side down in the pan.
4. Fry for 5 minutes then turn over and fry for 2-3 minutes.
5. Remove from pan, allow to rest for 5 minutes then squeeze over the lemon juice then spoon the remaining chilli sauce over.
6. Serve with the couscous and salad.

### Let's make the couscous

1. In a medium pan heat a dash of oil until hot.
2. Add the onion and pepper and sauté for 5 minutes.
3. Add the garlic, paprika, turmeric and cumin and stir fry for another minute.
4. Add in the frozen veg and chickpeas, followed by the stock. Stir and cook for 5 minutes.
5. Add in the couscous and cook until the couscous has absorbed the majority of the stock and increased in size.