




Product Spotlight: Salmon


Salmon is an excellent source of many B vitamins, these are important as they give you energy, control inflammation, and protect your heart and brain!



Blistered Tomato Salmon with Harissa Couscous

Seared salmon fillets nestled in pearl couscous cooked in a sauce of cherry tomatoes, fennel and harissa topped with a gremolata dressing – nutritious and delicious!

 30 minutes

 2 servings

 Fish

Roast the salmon

Add some pumpkin or sweet potato and roast along with fennel and cherry tomatoes. Toss with fennel seeds, oil and harissa paste, add salmon when there is 10 minutes left of cooking time.

Per serve: **PROTEIN** 44g **TOTAL FAT** 13g **CARBOHYDRATES** 73g

FROM YOUR BOX

SALMON FILLETS	1 packet
FENNEL	1
CHERRY TOMATOES	200g
HARISSA PASTE	1 sachet
PEARL COUSCOUS	150g
LEMON	1
GARLIC CLOVE	1
PARSLEY	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, fennel seeds, chilli flakes

KEY UTENSILS

frypan with lid

NOTES

You can roast the salmon if you prefer!

No gluten option – pearl couscous is replaced with white quinoa. Cook in boiling water for 10–15 minutes until tender. Drain and rinse, pressing into the sieve to squeeze out excess water. Toss into veggies at step 3 (no need to simmer for 10 minutes in sauce).



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1. SEAR THE SALMON

Heat a pan with **olive oil** over medium-high heat. Season salmon fillets with **salt and pepper**, add to pan and cook for 2 minutes each side or until nearly cooked through. Set aside on a plate.



2. ADD FENNEL & TOMATOES

Wedge and add fennel to the pan. Cook for 2–3 minutes or until golden. Add cherry tomatoes and continue cooking for 5–8 minutes or until fennel softens and tomatoes are blistered. Season with **1/2 tsp fennel seeds, salt and pepper**.



3. SIMMER THE COUSCOUS

Add harissa and couscous, stir until well coated. Pour in **1 1/2 cups water** and bring to a simmer. Cook over medium heat, covered, for 10–12 minutes or until most of the water is absorbed and couscous is tender.



4. MAKE THE GREMOLATA

Meanwhile, zest lemon, crush garlic and chop parsley. Combine in a small bowl with **1/4 tsp chilli flakes, 2 tbsp olive oil, juice from 1/2 lemon, salt and pepper**.



5. RETURN THE FISH

Once the couscous is cooked, remove lid and nestle salmon fillets back into pan (add more water if needed). Continue cooking, uncovered, for 2 minutes to warm through.



6. FINISH AND SERVE

Serve salmon and couscous at the table topped with gremolata and remaining lemon cut into wedges.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

