

SALMON WITH COUSCOUS SALAD AND CHUTNEY DRESSING

Portions: 2

Ingredients

250g plain couscous
142ml fresh orange juice
1 orange
1 pink grapefruit
2 large tbsp olives
2 tbsp chopped sun dried tomatoes
4 cherry tomatoes
Pinch of paprika
Olive oil
1 tsp Tewksbury mustard
50g chopped fresh coriander

2 fillets Salmon
Knob of butter
Touch of olive oil
Pinch Szechuan pepper

Method

Place the couscous into a bowl.

Bring the orange juice to the boil then pour over the couscous. Pour the couscous into the pan and back onto a low heat to simmer until the couscous has swelled up and absorbed the most of the juice.

Meanwhile prepare the other ingredients. For the orange, top and tail then carefully using a sharp knife follow the shape of the orange and remove the peel and slice the orange.

Do the same with the pink grapefruit, but instead of slicing it, carefully cut out the segments - hold the fruit lightly in one hand and using a sharp knife cut into the centre of the fruit just next to the segment pith. Squeeze the juice from the remaining grapefruit into the bowl. Add the remaining ingredients minus the tomatoes to the bowl and stir well.

In a frying pan heat the butter and oil until hot then add the fish fillets skin side down. Sprinkle over a pinch of the pepper and allow to cook for a couple of minutes then gently turn over. Place the cherry tomatoes in the pan with the fish and heat until their skins begin to split then add them to the couscous.

When the fish is cooked you are ready to serve. Spoon a generous helping of the salad onto your plate then top with your fish and spoon around the chutney dressing.

Chutney dressing: in the pan that the fish was cooked in heat a couple of

tablespoons of olive oil and a good spoonful of a good quality local chutney. Lightly heat then serve. You could add chopped herbs to it if you wished.

The couscous is a great recipe as you can add any ingredients you have to hand to create your own take on this salad. Add herbs, greens, other fruits, dried fruits etc.