

LighterLife Management

Week 4 Recipes:

Harissa-spiced salmon with couscous

Couscous is a wholegrain, easy-cook alternative to rice, with a light and fluffy texture that soaks up all the flavours of any ingredients you use it with.

Serves: 1

Nutrition per serving:

352 kcal, 37g protein, 40g carbs, 24g fat, 8g fibre

Ingredients:

- ½ small onion, chopped
- 1 garlic clove, crushed
- ½ orange pepper, cut into chunks
- ½ courgette, thickly sliced
- 100g canned chopped tomatoes
- 80g canned chickpeas
- 2 tsp harissa paste
- 150ml vegetable stock
- 1 tbsp lemon juice
- 1 small fillet salmon (approx 120g)
- 50g couscous (dry)
- ground black pepper
- 1 tbsp chopped fresh coriander

Method:

1. Cook the vegetables, half the harissa paste and 100ml of the stock in a large non-stick pan over a medium heat for 35-40 mins.
2. Mix the rest of the harissa paste with the lemon juice, spread on both sides of the fish, then grill under a medium heat for 4 mins each side.
3. Meanwhile, put the couscous and 50ml boiling water in a bowl, cover and leave for the water to absorb (approx 5 mins), then fluff up with a fork.
4. Serve with the salmon and vegetables, all seasoned with black pepper and topped with fresh coriander.

Tips:

- Prep the couscous and vegetables in advance, store in the fridge and pop in the microwave to reheat prior to use. Swap the salmon for a lamb steak, or replace with additional beans for a vegetarian version.