



Baked Salmon on Butter Parsley Couscous

Servings: 6 people

Prep Time: 45 minutes

Cook Time: 15-20 mins

Ingredients:

1. Salmon topping: Tomatoes (deseeded), red, yellow or orange capsicum (or a mix), fresh parsley and basil, garlic, cheddar cheese, lemon.
2. 1 side of a whole salmon (skin removed or left on, your choice).
3. Oil, salt, pepper, 2 lemons.
4. 100g roasted cashews nuts.
5. 1 cup couscous and 3-4 boiled eggs (sliced). 2 tablespoons butter and cranberries to garnish.

Instructions:

1. Spray tomatoes and capsicums with oil spray, grill in airfryer until cooked with a bit of char. Remove skin once done.
2. Blend grilled tomatoes and capsicums with parsley, basil, garlic, and cheese.
3. Coarsely crush cashews in a mortar.
4. Mix crushed cashews into blended tomato-capsicum mix.
5. Season salmon with salt and pepper and top with tomato-capsicum-cashew mix.
6. Bake at 200°C for 15-20 minutes, depending on desired doneness.
7. Prepare couscous following packet instructions. Mix in butter, chopped parsley, and cranberries.
8. To serve - plate couscous mix, top with salmon, squeeze over lemon juice, and garnish with boiled eggs, lemon slice, and parsley.
9. Serve with green salad and boiled asparagus with a squeeze of lemon.

Bon Appétit!