



Warming Spiced Salmon Harvest Bowl

with Roasted Veg Couscous, Harissa Dressing and Yoghurt Drizzle

Medium Spice

Preparation time : 35 min.



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<https://hfresh.cottey.fr/en-GB/recipes/warming-spiced-salmon-harvest-bowl-185>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Kettle, Cling Film, Large Bowl

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Sweet Potato (unit(s))	1	2	2
Courgette (unit(s))	1	2	2
Chermoula Spice Mix (sachet(s))	1	1	2
Couscous (grams)	120	180	240
Vegetable Stock Paste (grams)	10	15	20
Salmon Fillets (grams)	200	300	400
Lemon (unit(s))	1	1	2
Harissa Paste (grams)	50	75	100
Greek Style Natural Yoghurt (grams)	75	150	150
Boiled Water for the Couscous (milliliter(s))	200	300	400
Honey (tbsp)	1	1½	2

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	3185 kJ
Energy (kcal)	761 kcal
Fat	29.5 g
of which saturates	6.5 g
Carbohydrate	88 g
of which sugars	24.2 g
Dietary Fibre	10.7 g
Protein	34.4 g
Salt	2.13 g

Allergens

Milk, Wheat, Fish, May contain traces of allergens, Soya, Celery, Cereals containing gluten

Always check the product labels for allergen information.



Roast the Veg

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **sweet potato** and **courgette** into 1cm chunks (no need to peel). Pop the **sweet potato** and **courgette** onto a large baking tray. Drizzle with **oil** and sprinkle over **half** the **chermoula spice mix**. Season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the middle shelf until golden and tender, 23-25 mins. Turn halfway through.



Make the Couscous

Meanwhile, boil a full kettle. Put the **couscous** in a large bowl. Pour in the **boiled water for the couscous** (see pantry for amount), stir in the **vegetable stock paste**, then cover tightly with cling film. Leave to the side for 10 mins or until ready to serve.



Bake the Salmon

While the **couscous** cooks, lay the **salmon fillets**, skin-side down, onto a lined baking tray. Sprinkle over the remaining **chermoula** (add less if you'd prefer things milder), season with **salt** and **pepper** and drizzle over a little **oil**. When the **veg** has 15 mins remaining, add the **salmon** to the top shelf of the oven and roast until cooked through, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Build the Flavour

While the **salmon** is roasting, cut the **lemon** into wedges. In a small bowl, combine the **harissa**, juice from **half** the **lemon** and the **honey** (see pantry for amount) to make the **dressing**. Season with **salt** and **pepper** to taste and set aside.



Prepare your bowl

When your **couscous** is ready, fluff up the grains with a fork. Add the **roasted sweet potato**, **courgette**, **half** the **dressing** and a squeeze of **lemon juice** to the **couscous** and toss together.



Serve

Share the **vegetable couscous** between your bowls. Place the **chermoula roasted salmon** on top. Pour over the rest of the **dressing** and drizzle over the **yoghurt**. Serve with any remaining **lemon wedges** for squeezing over.

Enjoy your meal!