



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...

DAVE'S RECIPE BOX

HONEY, GARLIC & LIME CRISPY SALMON WITH GIANT COUSCOUS SALAD



PREP
15 min



COOK
25 min



SERVES
4

INGREDIENTS:

- > 4 Salmon Fillets
- > 1 Cup Couscous
- > 400g Lentils
- > 500g Sweet Potato
- > 2 Garlic Cloves
- > 250g Fennel
- > 1 Lime

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 1 Tbsp Butter
- > Olive Oil
- > Salt and Pepper
- > ½ Tbsp Honey

METHOD – GET COOKING!



1

Preheat the oven to 200°C and bring a pot with salted water to the boil.

Cook the couscous as per packet instructions until al dente, drain and refresh under chilly water. Set aside.

Meanwhile, peel and cut the sweet potato into 1cm cubes. Place on a lined baking tray, drizzle olive oil and season with salt and pepper. Place into the oven and cook for 20 minutes until golden brown and cooked through.

2

Remove the stems off the fennel and cut into ½ cm slices. Keep the fennel leaves and set aside.

In a large frying pan on a high heat, drizzle a generous amount of olive oil and add the fennel slices. Cook for 2 minutes on each side until golden brown and set aside.

Peel and crush the garlic cloves. Set aside.

3

Pat dry the salmon fillets and season with salt and pepper.

In the same frying pan with the fennel oils on a high heat, place the salmon with the flesh side down first and cook for 2 minutes. Then turn to the skin side and cook for a further 3 minutes. Turn the heat down to low, add the butter, crushed garlic, honey and squeeze the juice of ½ a lime. Baste the fish with the oils for 1 minute and then let it rest for 5 minutes.

4

Remove the sweet potato from the oven and mix with the giant couscous. Drain the lentils and add to the couscous. Drizzle olive oil, squeeze the juice of the remaining lime and stir well. Garnish with fennel leaves.

5

Serve Salmon warm with pan juices, caramelised garlic, pan seared fennel and giant couscous salad.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use leftover couscous for a Middle Eastern salad dish.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au