



Harissa Salmon with Mediterranean Couscous

Crafted by James Linden - food blogger on Instagram and TikTok @LiveLikeLinden based in St Albans / London

Feeds 4

This is a lovely vibrant dish, full of colour and flavour. The harissa gives the salmon a spicy edge that works so well with the fluffy couscous.

Ingredients

- 1 packet of Goldsteins [fresh salmon](#)
- 2 tbsp of harissa
- 1 mug (300g) of couscous
- 500ml of vegetable stock
- 2 mixed-colour peppers
- 1 fresh red chilli
- ½ a bunch of fresh dill
- 200g frozen peas
- 2 tbsp extra virgin olive oil
- 40g feta cheese
- 1 lemon

Method

1. Start by turning on the oven to 200 F and boil the kettle
2. Put the couscous into a bowl with a pinch of salt
3. Make up a stock using the boiling water and a veggie stock cube
4. Add stock to the couscous, give it a stir and cover
5. Take your salmon and place onto a baking tray
6. Cover salmon with harissa and put into the oven for 15-17mins (until cooked through)
7. Meanwhile remove the stalk and seeds from the peppers and chilli, then pulse in the processor with the dill until finely chopped
8. Scatter over a large tray or platter
9. Add the peas to the veg (if using frozen peas, blanch them in boiling water for a couple of minutes first)
10. Squeeze over the juice of half a lemon and drizzle with olive oil
11. Fluff up and scatter over the couscous, toss well and season to taste
12. Crumble over the feta
13. Add the cooked salmon
14. Serve with tzatziki, olives and warmed flatbreads.

Variations

If you are not a fan of heat/spice then just seasoning the salmon with salt, pepper and lemon zest would work well. Try replacing the harissa with a mix of salt, pepper and paprika if you don't have harissa to hand