



Posted on 17 September 2012
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Salmon and Couscous With Yoghurt Sauce

Ingredients

3 oz. couscous
1 tsp. olive oil, just enough to lightly coat the base of the pan
1 salmon steak
1 lemon
1 tsp. paprika
1 tsp. ground thyme
Ground black pepper, to taste
Salt, to taste
1 tsp. onion powder
½ tsp. cayenne pepper or dried chili flakes
1 oz. feta cheese
1 oz. Greek yoghurt

Preparation

- 1 Preheat the oven to 200°C
- 2 Boil the couscous according to the instructions on the package
- 3 On a plate mix the paprika, thyme, salt, pepper, onion powder and cayenne pepper
- 4 Drizzle the juice of half a lemon onto the salmon steak so that it is covered. Dip the salmon in the spices so that it is coated
- 5 In an oven proof pan heat the oil, reduce the heat only slightly and sear each side of the salmon. Transfer the pan to the oven and bake uncovered for 5-8minutes
- 6 While the salmon is baking combine the yoghurt and the feta, drizzle the lemon juice of the remaining lemon (if you like it sour use 2 teaspoons of lemon juice, if you are not particularly fond of the lemony taste then just use one teaspoon or less). Season the yoghurt sauce to taste
- 7 Serve the salmon on top of the couscous. Pour the yoghurt sauce on top of the salmon and drizzle with lemon juice.

Cooks Note
