

Posted on 17 September 2012

by ewfood

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 font 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