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by Liz Robb

Chilli Glazed Wild Salmon With Lemon And Herb Couscous

Ingredients

1 small red chilli
1 clove of garlic
A small piece of fresh ginger
2 teaspoons of sweet chilli sauce
2 tablespoons of runny honey
2 tablespoons of dark soy sauce
2 teaspoons of rice vinegar
2 teaspoons of sesame oil
2 fillets of wild salmon*
For the couscous:
70-80g couscous
A small knob of soft butter
A few sprigs of parsley
1 lemon
Salt and black pepper
For the sesame broccoli:
100g tenderstem broccoli
1 heaped teaspoon of sesame seeds
2 teaspoons of olive oil
2 teaspoons of soy sauce
A pinch of crushed red pepper
A tablespoon of hot vegetable stock
Salt and black pepper
Servings
2
Person

Preparation

1. For the glazed salmon, deseed and finely chop the chilli, peel and crush the garlic and then peel and finely chop the ginger. Place them in a bowl.
2. Add the sweet chilli sauce, honey, soy sauce, rice vinegar and sesame oil to the bowl and mix well. Marinate the salmon fillets in the glaze for 30 minutes, chilling in the fridge.
3. Heat the oven to 200 degrees, 180 degrees fan oven, and warm a small baking dish. Bake the glazed salmon fillets, skin side down, for about 15 minutes or until cooked through, basting again with the marinade half way through.
4. For the couscous, stir the couscous into 100ml of boiling water and then cover and leave to stand for 5 minutes, or follow the instructions on the packet.
5. Finely chop the parsley leaves and cut the butter into small pieces. Finely grate the lemon zest and squeeze out the juice. Fork the parsley, butter, 2 teaspoons of lemon juice, a little zest and a little salt and black pepper into the couscous.
6. For the sesame broccoli, remove any really thick bits of stem and slice the broccoli into long, fairly thin pieces. Toast the sesame seeds briefly, just a minute or two, in a hot dry pan; don't allow them to burn. Remove the seeds from the pan.
7. Heat the oil and soy together to the pan and saute the broccoli, sprinkling on the red pepper. Add the stock, season lightly and add the sesame seeds, reserving some for garnish, and cook for a further minute or two.
8. Serve the glazed salmon on top a bed of couscous with broccoli on the side. Spoon any remaining sauce in the baking dish onto the salmon, and garnish with a few sesame seeds.

Cooks Note

Wild salmon, marinated and baked in a tasty chilli, soy, sesame and ginger glaze, served on a bed of fragrant lemon and herb couscous with sesame broccoli, makes a quick and healthy meal but is smart enough for a dinner party dish. *You can, of course, use any type of salmon, but I prefer wild if I can get it.