



BEETROOT & FETA SALMON

ON COUSCOUS WITH CUCUMBER SALAD

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 35 minutes

Beetroot dip and feta cheese are a vibrant, easy way to jazz up salmon fillets! This beetroot and feta salmon is delicious served on warm couscous with green beans and a refreshing cucumber salad.



TO SERVE

- 3 Tbsp sliced almonds
- 250g green beans (8.8oz)

SALMON

- 4 small salmon fillets (approx. 450g / 1lb)
- 6 Tbsp (approx.) chunky beetroot dip
- 100g feta cheese (3.5oz)

COUSCOUS

- 1 cup wholemeal or regular couscous (190g)
- 1 tsp chicken stock powder dissolved in 1 1/3 cups boiling water (330ml)

- 1 tsp olive oil
- 40g baby spinach (1.4oz)

CUCUMBER SALAD

- 1/3 cup plain, unsweetened yoghurt (80g)
- 1/2 Tbsp lemon/lime juice
- 1/2 Tbsp olive oil
- 1 tsp wholegrain mustard
- 1 tsp honey
- 1/2 tsp garlic powder
- 1/2 Tbsp finely chopped fresh dill + extra to decorate
- 3/4 telegraph cucumber
- 1/2 small red onion

- Preheat oven to 180°C (360°F) fan bake and line a large oven tray with baking paper.
- PREPARE SERVING INGREDIENTS**
Heat a small frying pan on medium-high. Toast almonds until golden (1-2 minutes). Transfer to a small bowl and leave to cool. Trim ends off beans and place beans in a microwave-safe dish.
- PREPARE SALMON**
Place salmon on prepared tray and season with salt and pepper. Cut a slit through the middle of each fillet. Fill with half the beetroot dip and feta. Spread remaining dip on top, and crumble feta over the top. Bake for 12-15 minutes, or until cooked to your liking.
- PREPARE COUSCOUS & CUCUMBER SALAD**
Meanwhile, combine couscous with hot stock mixture in a heatproof bowl. Cover and leave for 6 minutes.
- In a medium-large bowl, whisk yoghurt, lemon/lime juice, oil, mustard, honey and garlic powder together. Stir in dill and season to taste with salt and pepper. Thinly slice cucumber and onion. Add to bowl with dressing; toss to combine. Decorate with extra dill.
- Drizzle couscous with oil, season with a little salt and pepper and fluff up with a fork. Roughly chop spinach and stir into couscous.
- SERVE**
Microwave beans for 1-2 minutes, until tender. Divide couscous between individual serving plates. Top with salmon and serve with cucumber salad and beans. Sprinkle almonds over the salmon and couscous.



WINE MATCH: A Pinot Noir or dry Riesling.

BEETROOT AND FETA SALMON RECIPE NOTES

GLUTEN-FREE OPTION: Make sure the dip is gluten-free. Swap couscous for 2 x 250g microwave pouches brown rice and quinoa (and skip the stock mixture).

INGREDIENT SWAPS / NOTES: If salmon or fish aren't your thing, try 550g / 1lb 3oz boneless, skinless chicken breasts instead. Not a fan of beetroot or can't find the dip? Try a chunky sundried tomato, capsicum or basil pesto dip instead - they all work well! Dill is my preference in the cucumber salad, but basil or mint would also work.

STORING AND REHEATING: Salmon, couscous and beans can be stored together and reheated in the microwave. Refrigerate cucumber salad separately and add just before serving. Sprinkle almonds on at the last minute.