



Cinnamon rubbed salmon with couscous & harissa yogurt

READY IN



25 min.

SERVINGS



2

CALORIES



636 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 100 g couscous
- ☐ 2 tbsp golden raisins
- ☐ 1 small bunch cilantro leaves chopped
- ☐ 1 tsp ground cinnamon plus a large pinch
- ☐ 200 ml vegetable stock hot
- ☐ 1 tbsp honey
- ☐ 1 tbsp olive oil
- ☐ 2 fillet salmon fillet

- ☐ 1 tbsp harissa
- ☐ 170 g nonfat greek yogurt 0%

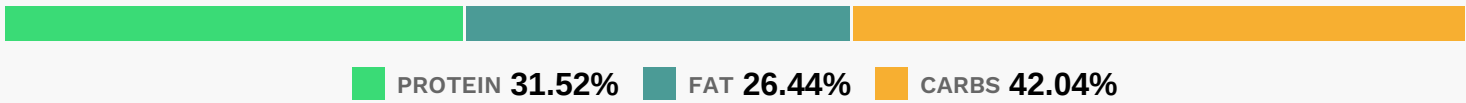
Equipment

- ☐ bowl
- ☐ baking pan
- ☐ grill

Directions

- ☐ Heat the grill.
- ☐ Put the couscous, sultanas, most of the coriander, 1 tsp cinnamon and some seasoning in a bowl.
- ☐ Pour over the hot vegetable stock and set aside for 5 mins to soak.
- ☐ Mix together the pinch of cinnamon, honey and oil. Sit the salmon in a baking tray, spread over the honey mixture and season. Cook under a hot grill for about 8 mins until the fish is cooked through.
- ☐ Meanwhile, swirl together the harissa and yogurt. Fluff up the couscous with a fork and serve with the fish and yogurt, sprinkled with the remaining coriander alongside some green beans, if you like.

Nutrition Facts



Properties

Glycemic Index:127.97, Glycemic Load:35.07, Inflammation Score:-7, Nutrition Score:34.043913416241%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 636.35kcal (31.82%), Fat: 18.54g (28.52%), Saturated Fat: 2.82g (17.59%), Carbohydrates: 66.34g (22.11%), Net Carbohydrates: 62.24g (22.63%), Sugar: 22.18g (24.65%), Cholesterol: 97.75mg (32.58%), Sodium: 612.55mg (26.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.73g (99.46%), Selenium: 70.81µg (101.16%), Vitamin B12: 6µg (100.02%), Vitamin B6: 1.57mg (78.55%), Vitamin B3: 15.65mg (78.26%), Vitamin B2: 0.97mg (56.99%), Phosphorus: 564.92mg (56.49%), Vitamin B5: 3.79mg (37.87%), Manganese: 0.72mg (36.18%), Potassium: 1207.47mg (34.5%), Vitamin B1: 0.5mg (33.02%), Copper: 0.64mg (32.22%), Magnesium: 88.83mg (22.21%), Vitamin K: 17.93µg (17.08%), Fiber: 4.1g (16.41%), Folate: 62.34µg (15.59%), Calcium: 152.61mg (15.26%), Iron: 2.55mg (14.17%), Zinc: 2.08mg (13.87%), Vitamin A: 607.73IU (12.15%), Vitamin E: 1.31mg (8.72%), Vitamin C: 2.86mg (3.47%)