



Salmon, cranberry & couscous parcels

READY IN



55 min.

SERVINGS



6

CALORIES



685 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 350 g couscous
- ☐ 100 g cranberries dried
- ☐ 2 tsp ground cinnamon
- ☐ 0.5 tsp ground allspice
- ☐ 50 g butter unsalted diced
- ☐ 85 g pine nut toasted
- ☐ 1 small handful mint leaves roughly chopped
- ☐ 1 small handful basil leaves roughly chopped
- ☐ 840 g salmon fillet skinless

- ☐ 25 g butter diced
- ☐ 0.5 juice of orange
- ☐ 6 tbsp cranberry sauce
- ☐ 0.5 orange zest

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Boil the kettle.
- ☐ Put the couscous, cranberries and spices in a large bowl. Dot with the butter and pour over 350ml boiling water. Cover immediately with cling film and leave for 5 mins to steam.
- ☐ Remove the film and fluff with a fork to loosen the couscous grains. Cool, stir in the pine nuts and herbs, then season to taste.
- ☐ Cut 6 squares of baking parchment about 30 x 30cm.
- ☐ Season the salmon fillets, spoon the couscous in mounds in the centre of the parchment squares, then dot with a little butter. Top each with a piece of salmon, scatter with a little orange zest and drizzle with a little juice. Fold the sides of the paper over, then fold up the ends to make a parcel. Tie with string and secure with a bow. Stir together the cranberry sauce, orange zest and juice, then set aside in a serving bowl. The parcels can be chilled for up to 1 day. Be sure to remove them from the fridge 20 mins before cooking.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Put the parcels on a baking sheet in the middle of the oven and cook for 15 mins, or 20 mins if you prefer your salmon well done. Pop the parcels onto plates and let your guests unwrap their own supper.
- ☐ Serve with Garlic & feta broccoli and the cranberry & orange sauce.

Nutrition Facts



 **PROTEIN 21.82%**  **FAT 38.34%**  **CARBS 39.84%**

Properties

Glycemic Index:42.83, Glycemic Load:27.76, Inflammation Score:-6, Nutrition Score:31.410434995009%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 684.6kcal (34.23%), Fat: 29.33g (45.12%), Saturated Fat: 8.58g (53.65%), Carbohydrates: 68.58g (22.86%), Net Carbohydrates: 63.42g (23.06%), Sugar: 17.83g (19.81%), Cholesterol: 103.88mg (34.63%), Sodium: 97.52mg (4.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.56g (75.12%), Manganese: 1.95mg (97.31%), Vitamin B12: 4.47µg (74.55%), Selenium: 51.53µg (73.62%), Vitamin B3: 13.83mg (69.16%), Vitamin B6: 1.24mg (61.92%), Phosphorus: 468.03mg (46.8%), Vitamin B2: 0.63mg (36.86%), Copper: 0.71mg (35.36%), Vitamin B5: 3.17mg (31.69%), Vitamin B1: 0.47mg (31.65%), Magnesium: 105.29mg (26.32%), Potassium: 905.06mg (25.86%), Fiber: 5.16g (20.63%), Zinc: 2.36mg (15.73%), Iron: 2.81mg (15.6%), Vitamin E: 2.13mg (14.19%), Folate: 54.9µg (13.73%), Vitamin K: 11.65µg (11.09%), Vitamin A: 442.3IU (8.85%), Vitamin C: 4.52mg (5.48%), Calcium: 52.12mg (5.21%)