



Spice & honey salmon with couscous



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 optional: lemon
- ☐ 2 tsp ras el hanout spice mix (we used Bart – or see Know-how, below)
- ☐ 2 small garlic clove crushed
- ☐ 1 bunch spring onion thinly sliced
- ☐ 3 tsp olive oil for drizzling
- ☐ 2 fillet salmon fillet boneless skinless
- ☐ 140 g couscous
- ☐ 2 tsp clear honey

☐ 1 handful mint leaves finely sliced

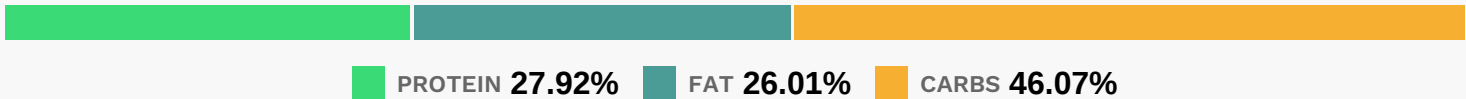
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Zest and juice 1 lemon, then mix the zest and the juice with the spice, garlic, the spring onions and 2 tsp oil. Season well.
- ☐ Put the salmon into a shallow dish, spoon over the marinade, then leave for 10 mins to let the flavours mingle.
- ☐ Meanwhile, put the couscous in a large bowl. Tip in the remaining lemon juice and oil, spring onions and 150ml boiling water, then cover and leave to stand.
- ☐ Lift the salmon onto a foil-lined baking tray, spoon over any leftover marinade, then roast for 15 mins. With 5 mins to go, pull out the baking tray and spoon 1 tsp clear honey over each fillet.
- ☐ Add the mint to the couscous and fluff it up with a fork.
- ☐ Serve the salmon with the couscous, spoon over the juices from the baking tray and add lemon wedges.

Nutrition Facts



Properties

Glycemic Index:104.89, Glycemic Load:38.24, Inflammation Score:-8, Nutrition Score:37.843043534652%

Flavonoids

Eriodictyol: 23.69mg, Eriodictyol: 23.69mg, Eriodictyol: 23.69mg, Eriodictyol: 23.69mg Hesperetin: 30.34mg, Hesperetin: 30.34mg, Hesperetin: 30.34mg, Hesperetin: 30.34mg Naringenin: 0.59mg, Naringenin: 0.59mg,

Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg
Luteolin: 2.31mg, Luteolin: 2.31mg, Luteolin: 2.31mg, Luteolin: 2.31mg Kaempferol: 0.2mg, Kaempferol: 0.2mg,
Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin:
0.59mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 631.35kcal (31.57%), Fat: 18.43g (28.36%), Saturated Fat: 2.76g (17.27%), Carbohydrates: 73.45g (24.48%),
Net Carbohydrates: 65.61g (23.86%), Sugar: 8.83g (9.81%), Cholesterol: 93.5mg (31.17%), Sodium: 87.88mg (3.82%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.52g (89.03%), Selenium: 63.12µg (90.17%), Vitamin B12:
5.41µg (90.1%), Vitamin B6: 1.62mg (81.08%), Vitamin B3: 16.12mg (80.62%), Vitamin C: 61.14mg (74.11%),
Phosphorus: 489.71mg (48.97%), Vitamin B2: 0.75mg (44.27%), Manganese: 0.79mg (39.69%), Vitamin B5: 3.96mg
(39.59%), Vitamin K: 40.15µg (38.23%), Vitamin B1: 0.56mg (37.26%), Copper: 0.68mg (33.86%), Potassium:
1181.16mg (33.75%), Fiber: 7.84g (31.35%), Magnesium: 98.49mg (24.62%), Iron: 3.82mg (21.24%), Folate: 82.84µg
(20.71%), Zinc: 1.9mg (12.68%), Calcium: 113.44mg (11.34%), Vitamin E: 1.53mg (10.21%), Vitamin A: 327.25IU (6.54%)