

# MARLEY SPOON



## Lemon Thyme Salmon

with Broccoli and Pea Couscous



20-30min



2 Portions

Lemon thyme has a lovely floral flavour that goes so well with seafood, especially salmon. We've teamed the delicate salmon with a fresh couscous salad tossed with sauteed broccoli and hints of garlic and anchovies. It's a restaurant dish, that can easily be whipped up at home.



## What we send

- couscous <sup>1</sup>
- salmon fillet, skin on <sup>4</sup>
- thyme and 1 garlic clove, banana shallot
- aioli <sup>3,7</sup>
- green peas
- broccoli
- anchovy fillet <sup>4</sup>
- lemon

## What you'll require

- olive oil
- salt and pepper

## Utensils

- Colander
- foil
- grater
- Kettle
- medium saucepan
- oven tray

- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Egg (3), Fish (4), Milk (7).  
May contain traces of other allergens.

## Nutrition per serving

Energy 840.0kcal, Fat 48.0g, Proteins 44.9g, Carbs 50.6g



### 1. Prepare couscous

Bring a kettle to the boil. Place the **couscous** and ¼ tsp **sea salt** in a large heatproof bowl. Add 125ml (½ cup) boiling water and stir to combine. Stand covered, for 5 mins or until water is absorbed and couscous is tender. Fluff gently with a fork until grains are separated.



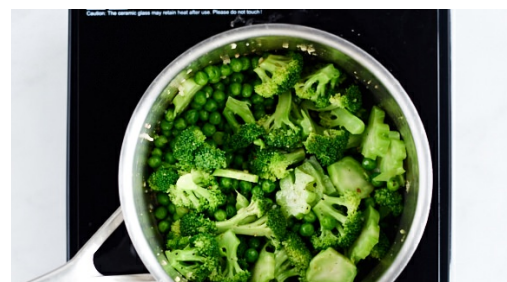
### 4. Cook fish

Line an oven tray with foil and lightly grease with oil. Place **fish** skin-side down on tray and season with **sea salt and pepper**. In a small bowl, combine half the **aioli** with the **thyme**, 2 tbs of the **shallot**, 2 tsp **lemon juice** and **half the chopped anchovy**. Spread evenly over the fish. Grill the fish for 5-7 mins until just cooked through.



### 2. Prepare aromatics

Meanwhile, bring a medium saucepan of salted water to the boil. Zest and juice half the **lemon**. Cut the remaining half into wedges. Very finely chop the **shallot**. Pick the **thyme** leaves (discard stems) and finely chop. Finely chop the **anchovy** fillet.



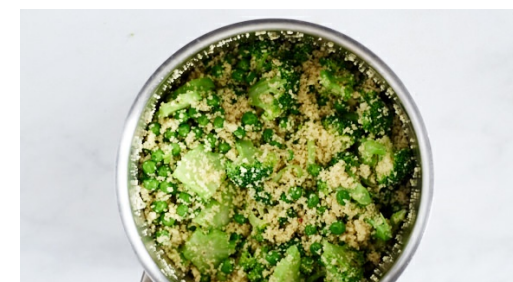
### 5. Cook vegetables

Meanwhile, crush or finely chop the **garlic**. Heat 2 tbs **oil** in the same medium saucepan over medium-high heat. Add the garlic and **remaining chopped anchovy** and cook for 2 mins until light golden. Add the **broccoli** and **peas**. Season with **sea salt and pepper** and toss to combine until well coated with garlic oil.



### 3. Prepare vegetables

Preheat oven grill with rack 10cm from heat source. Cut the **broccoli** into small florets and slice the stem. Cook the broccoli in the pan of boiling water for 2-3 mins until just tender. Add the **peas** for 1 min and then drain.



### 6. Finish couscous

Combine **couscous** with **broccoli mixture** and 1 tsp **lemon zest**. Serve with the **fish** and **lemon wedges** accompanied by the remaining **aioli**.