



Pan-Fried Caribbean Salmon

with Couscous and Pickled Veggies



20-30min



2 Portions

Take a trip to warm West Indies shores with the traditional smoky flavours of jerk seasoning. Here, the spice blend becomes a rub for the salmon, before searing in a hot pan. Serve with quickly-soused vegetables and a zesty, lime-spiked couscous to bring a little warmth and colour to a weeknight.

What we send

- Jamaican jerk seasoning ^{1,6,17}
- red onion
- green capsicum
- 2 Tasmanian salmon fillets ⁴
- couscous ¹
- red capsicum
- carrot
- lime

What you'll require

- boiling water
- extra virgin olive oil
- olive oil
- sea salt and pepper
- sugar
- water
- white vinegar

Utensils

- fine grater
- large deep frypan with lid
- medium frypan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

The Jamaican jerk seasoning contains some chilli, so use according to your spice preference. ~Cooking time may differ depending on the thickness of the fillets

Allergens

Gluten (1), Fish (4), Soy (6), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 740kcal, Fat 31.1g, Carbs 67.0g, Proteins 41.3g



1. Prepare vegetables

Thinly slice the **onion**. Peel the **carrot** and cut into batons. Thinly slice the **capsicums**, discarding the seeds and membrane. Finely grate the **lime** zest, then juice.



4. Soak couscous

Meanwhile, put the **couscous** in a large heatproof bowl and pour over **180ml (¾ cup) boiling water**. Cover with a plate or plastic wrap and set aside for 5 mins. Using a fork, fluff up the grains, then stir in the **lime zest, 1 tbs lime juice** and **1 tbs extra virgin olive oil**. Season with **salt and pepper**.



2. Cook vegetables

Heat **1 tbs olive oil** in a large deep frypan over medium heat. Cook the **onion**, stirring regularly, for 2 mins or until softened. Add the **capsicum** and **carrot** and cook, stirring occasionally, for 3-5 mins until the vegetables start to soften.



5. Prepare salmon

Scatter **2 tsp jerk seasoning** (the remaining seasoning won't be used in this recipe) (see cooking tip) over the **salmon**, season with **salt and pepper** and rub to coat.



3. Add vinegar

Add **125ml (½ cup) water, 1 tbs white wine vinegar** and **½ tsp sugar**, season with **salt and pepper**, then increase the heat to medium-high and bring to a simmer. Cook, covered, for 4-6 mins until reduced and the vegetables are tender.



6. Cook salmon

Heat **2 tsp olive oil** in a medium frypan over medium heat. Add the **salmon** and cook for 3 mins each side or until cooked to your liking (see cooking tip). Divide the **couscous, vegetables** and **salmon** among plates to serve.