

# MARLEY SPOON



## **Pan-Fried Caribbean Salmon**

with Couscous and Pickled Veggies



20-30min



4 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

- couscous <sup>1</sup>
- lime
- 4 Tasmanian salmon fillets <sup>4</sup>
- carrot
- red capsicum
- Jamaican jerk seasoning <sup>1,6,17</sup>
- red onion
- green capsicum

## 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 815kcal, Fat 40.3g, Carbs 66.2g, Proteins 40.8g



### 1. Prepare vegetables

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



### 4. Soak couscous

Meanwhile, put the **couscous** in a large heatproof bowl and pour over **375ml (1½ cups) 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, 2 tbs lime juice** and **2 tbs extra virgin olive oil**. Season with **salt and pepper**.



### 2. Cook vegetables

Heat **2 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 **1 tbs jerk seasoning** (see cooking tip) over the **salmon**, season with **salt and pepper** and rub to coat.



### 3. Add vinegar

Add **250ml (1 cup) water, 2 tbs white wine vinegar** and **1 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 **1 tbs 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.