



Harissa Baked Salmon with Spaghetti Veg and Moroccan Rice

Prep Time: 5 Mins

Cooking Time: 20 Mins

Serves 2

INGREDIENTS:

- 2 x Boneless Salmon Fillets
- 🍷 2 x Carrots
- 🍷 2 x Courgettes
- Harissa Paste
- 🍷 Rice
- 1 x Dried Apricot (Optional)
- Fresh Parsley
- 🍷 Crispy Onions
- Salt & Ground Pepper

EXTRAS:

- Butter or Olive Oil
- Water & Cornflour (Optional)

WHY THESE CHEATS?

"There are 3 simple cheats to this dish, and all are readily available in most supermarkets. The growth and range of store cupboard Microwavable Rice over the past few years has been impressive. It's really down to you to choose your favourite for this dish. The main benefits are of course consistent quality and the time it takes to prepare (2 mins). The image of this dish above shows a Timbale of Moroccan Rice. To achieve this effect I add one finely chopped apricot and mix ¼ teaspoon of cornflour with a little cold water and mix these into the pouch of rice before heating in the microwave. Gone are the days of overcooked rice in a pan of boiling water! Next is a fantastic method of cooking healthy Veg which the whole family can enjoy, taking just seconds to prepare; Spaghetti type Courgettes & Carrots. If you don't have a Spiraliser or a Kitchen Mandolin to prepare these, many larger supermarkets carry the pre-prepared version in their Fresh Produce section. Finally, for a bit of added texture, a few Crispy Onions from the store Cupboard are a great addition to finish off this dish."

EQUIPMENT:

- Frying Pan or Large Chef's Pan
- Oven
- Microwave Oven
- Small Oven Proof Dish

🍷 CHEAT INGREDIENTS:

- Spiralised Carrots & Courgettes
- 1 x Microwavable Rice (Your Preferred Choice)
- Crispy Fried Onions



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METHOD:

Once you have prepared this dish a few times you may never need to refer to this recipe again, as the ingredients and method are simple to remember. You can use any Skin-On / Skinless Salmon Steaks or Fillets. I find the ideal portion size is around 6oz (170g). Leaving the skin on the salmon does give extra flavour, but remember the skin will not be crispy when served.

HARISSA BAKED SALMON

- Pre-heated your oven to 200C or 180C Fan
- Remove the skin from the Salmon (Optional) and place in a shallow ovenproof dish
- Liberally spread Harissa Paste on top of each piece of Salmon
- Place in the pre-heated for around 15 Minutes
- Remove the Salmon from the oven and sprinkle a few Crispy Onions on top of the Salmon
- Leave the Salmon to rest for 2 minutes while you prepare the Rice and Spaghetti Veg.

RICE & SPAGHETTI VEG

- (Optional) If you are using whole Carrots & Courgettes, cut into spaghetti lengths with a Spiraliser or Kitchen Mandolin and place to one side
- Prepare the Rice in your Microwave Oven as per the packet instructions
- 🍷 For the Veg, place a knob of butter or 1 tsp of Olive Oil in a heated Frying Pan or Large Chef's Pan
- Add the Carrots & Courgettes, season with Salt & Pepper and stir & toss for 30 seconds
- 🍷 Add 2 tbsp of water, cover and leave to steam for a maximum of 1 minute.
- Remove from the heat

TEMPERATURES

Conventional Oven 200c 180c Fan

Garnish the Salmon and Spaghetti Veg with a little
Freshly Chopped Parsley and serve with the Rice on the side