

Chargrilled Salmon with Roasted Mediterranean Vegetables and Couscous



Spur of the moment invitations to friends are often the greatest fun ... very relaxed and so much less stressful than long planned events! Here is a favourite stand by – enjoy!

Ingredients:

6 garlic cloves
1 red pepper
1 yellow pepper
2 courgettes
1 aubergine
1 red onion
6 plum tomatoes
Fresh basil
Herbs de Provence
Olive Oil
375g couscous
2 tsp swiss vegetable bouillon powder
6 x 6oz salmon fillets
6 tsp organic green pesto
Freshly ground salt and black pepper

- Peel and slice the garlic cloves.
- De-seed the peppers and chop into bite sized chunks
- Halve the courgettes lengthwise and cut into large slices.
- Coarsely chop the aubergine and red onion – leave the tomatoes whole.
- Pop all the ingredients into a shallow casserole, add the basil leaves and sprinkle with the herbs de provençe. Coat generously with olive oil and mix well until glistening.
- Place in the oven at approx 180°C for about 30 minutes, stirring half way through.
- Pour 600mls boiling water over the bouillon powder and add to the couscous with a teaspoon of olive oil – cover with cling film and set aside.
- Slowly heat the health grill and when moderately hot place the salmon fillets on it. Press them down gently and cook for 3 to 4 minutes on each side.
- Meanwhile heat a little olive oil in a pan and add the pesto.
- Remove the roasted vegetables from the oven.
- Divide the couscous between 6 plates and top with the salmon fillets. Coat with the heated pesto.
- Place the vegetables alongside. Garnish with basil leaves and serve piping hot!
- Serve with crusty garlic bread!