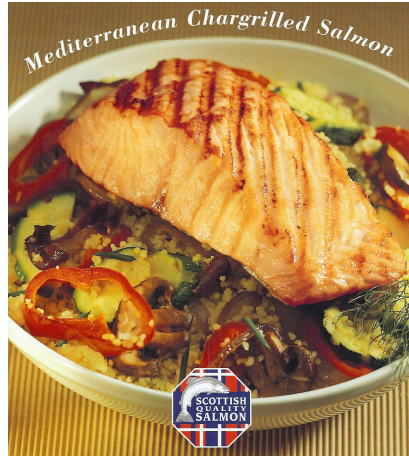


Mediterranean Chargrilled Salmon

4 x 150g Scottish salmon fillets
30mls (2tblsp) sunflower oil
175g (6oz) couscous (weight prior to cooking)
Freshly milled salt & pepper
1/2 chicken stock cube dissolved in 280 mls
(1/2pt) boiling water
2 medium courgettes, sliced
1 large red onion, peeled and sliced
100g (4oz) mushrooms, sliced
1 large red pepper, sliced
Few sprigs fresh coriander & chives for
garnishing



1. Prepare couscous by following instructions on packet. Use the chicken stock cube dissolved in boiling water as the liquid
2. Pre-heat grillpan
3. Brush salmon with oil & season
4. Chargrill salmon for 6-8 minutes, turning once
5. The salmon is cooked when the flesh is opaque & flakes easily when tested with a fork
6. Meanwhile, season vegetables & toss in remaining oil
7. Chargrill alongside salmon if room, otherwise, quickly pan fry for a few minutes
8. When ready, combine cooked vegetables with couscous
9. Serve salmon alongside savoury couscous & garnish with the herbs