

heute gibt es...

Salmon-Couscous-Sachets



Ingredients: (For 2 servings)

- 2 Salmon fillet, approx. 200g each
- 200g carrots
- 100g zucchini (courgettes)
- 1 bundle of scallions
- 1 tbs. olive oil
- 160g couscous
- 1 tbs. cinnamon
- 1 TL curry
- 1 pinch cumin
- 200ml hot vegetable stock (about 100ml spare)
- 1 Bio-Lemon
- some flat leaf parsley
- Salt and pepper
- baking parchment
- yarn

Preparation:

1. Clean carrots, peel, also clean scallions and cut both in 0.5mm thick slices. Clean, wash and dice the zucchini finely.
2. Heat the oil in a nonstick pan, add the vegetables, sauté about 4 minutes, then add salt and pepper.
3. Mix cinnamon, curry and cumin with the couscous and add everything into the pan.
4. Stir in the vegetable broth and let it swell covered at low heat for about 5 minutes. If the couscous is too dry, add a bit more vegetable broth.
5. Season the salmon fillets on all sides with salt and pepper to taste. Grate the lemon skin, finely chop the parsley and sprinkle the salmon fillets with it.
6. Place two sheets of baking paper on the work surface, loosen the couscous with a fork and spread it in the middle of the two pieces of baking paper.
7. Put a salmon fillet on both couscous servings, cut the lemon into slices and spread them on the salmon.
8. Now, fold the baking paper up, like a candy, turn around the ends and bind them with yarn.
9. Place the sachets on a baking rack and bake in preheated oven at 200 °C (top and bottom heat) Bake on the second shelf from the bottom for 20 minutes.
10. The parcels set after the baking time on plate, open only at the table and enjoy ☐