



Purple Carrot

Cook

POACHED SALMON WITH CAULIFLOWER COUSCOUS

Serves 4 / PREPARE 15 MINS / COOK 20 MINS

Ingredients

| | | | |
|------------|-----------------------------------|--------------------------------|----------------|
| 1 | Cauliflower, small | 100 g | Mixed seeds |
| 2 tbsp | Olive oil | DRESSING | |
| 1 | Pomegranate, seeded | 120ml | Avocado oil |
| 2 handfuls | Fresh parsley, coriander and mint | 60ml | Olive oil |
| 1 tbsp | Avocado Oil | 2 | Limes |
| 1 | Lime | 1 tsp | Sesame oil |
| 4 | Salmon fillets, skin off | 1 | Avocado |
| 100 g | Buckwheat | 1 clove | garlic, minced |
| | | salt and black pepper to taste | |

Instructions

Pre-heat the oven to 180C.

Remove the cauliflower florets from their stalks. Add the stalks and core (chopped in small chunks) to a food processor and pulse a few times to create "grains" that remind you of cous-cous. Tip into a mixing bowl and reserve.

Now add the florets to the processor and pulse until you get the same type of grainy texture. Add the second batch of "cous-cous" to the bowl with oil and season to taste. Mix well but gently.

Lay a large square of baking paper on a baking tray. Spread the cauliflower "cous cous" on one side and fold the other. Fold the sides to create a sealed envelope. Steam in the oven for 20 min or until the cauliflower grains are soft.

While the "cous-cous" is steaming, chop your herbs and remove the seeds from the pomegranate. Reserve. Toast the seeds and buckwheat in a dry frying pan lightly and stirring continuously and reserve.

Carefully open the steam parcels and empty the cauliflower into a serving bowl, fluff with a fork. Let cool down while the salmon is cooking and then add the pomegranate seeds, herbs and olive oil.

Turn the oven temperature up to 220C. Prepare your salmon by cutting each fillet into 3cm cubes.

Cut out 2 large square of baking paper and place ½ of the salmon cubes in the center of each. Top them with slices of lime. Drizzle with a bit of avocado oil and honey. Wrap the salmon in the paper and seal the edges by folding several times to ensure the steam does not scape. Place the parcels on a baking tray. Bake in the heated oven for 10-12 min.

While the salmon is cooking, make the dressing, juice the limes; peel, pit and coarsely chop the avocado; peel and mince the garlic. Now add all the ingredients to a small food processor and pulse a few times until very creamy. Season with salt and freshly ground pepper to taste.

Carefully open the steaming parcels of salmon and reserve.

Serve a generous helping of the cauliflower couscous and top with a few salmon cubes and a spoon of dressing. Sprinkle some mixed seeds and crispy barley and serve with more dressing on the side.



Nutrifacts



Pomegranate is high in FIBRE to help intestinal transit and contains ANTHOCYANINS, the flavonoids responsible for the dark colour of its seeds, which research shows has potential benefits in many diseases including cardiovascular disease.

Cauliflower is high in VITAMIN C, to keep a healthy immune system and aid collagen production, as well as VITAMIN K which helps with blood coagulation. Cauliflower is also high in POTASSIUM that regulates blood pressure.

Parsley, mint and coriander contain very high levels of VITAMIN A, C and K to help our blood coagulate. Parsley and mint are also a great source of vegetarian IRON and CALCIUM to help our bones stay strong.

Salmon is a good source of protein as well as anti-inflammatory omega-3 fatty acids. Salmon is a great source of B VITAMINS needed for energy production, growth and detoxification among other things. It also contains phosphorous for bone health and the powerful antioxidant SELENIUM.

Avocados contain complete PROTEIN, including all the essential amino-acids, like that found in animal products. They are also high in fibre and heart friendly mono-unsaturated fats, like olive oil, which research shows may help reduce bad cholesterol levels. They are also high in VITAMIN C, an antioxidant that helps support the immune System.