CRISPY SKIN SALMON WITH ROAST VEGETABLE COUSCOUS, LIME AIOLI AND SUMAC CHIPS

Serves 4

INGREDIENTS

Couscous
1 large zucchini
1 medium red onion
1 medium red capsicum
1 medium green capsicum
4 medium roma tomatoes
4 cloves fresh garlic
2 Tbsp olive oil
Salt and pepper
½ bunch fresh parsley (or coriander if you prefer)
2 cups couscous
3 cups vegetable or chicken stock

Salmon
600g fresh Atlantic salmon fillet, scaled and washed
10g sea salt flakes
100ml olive oil (for frying)

Lime aioli
2 limes
4 egg yolks

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2 teaspoons Dijon mustard
250mls light olive oil
2 garlic cloves, finely chopped
Salt and black pepper

Sumac chips
2 Lebanese flat breads
20g Sumac
100ml olive oil
Salt

Method

Couscous
Preheat the oven to 180 degrees. Wash and chop the vegetables into large chunks (capsicums, tomatoes, onion). Peel 4 cloves of garlic but leave them whole. Toss the chopped vegetables and garlic with 2 Tbsp of olive oil. Spread them out on a baking sheet (or two) so that they are in a single layer. Sprinkle generously with salt and pepper. Place the vegetables in the oven and roast at 180 degrees for 45 minutes. While the vegetables are roasting, cook the couscous. Bring 3 cups of stock up to a boil. Pour in 2 cups of couscous, turn off the heat, and cover the pot with a lid. Let sit undisturbed, for at least 5 minutes. After the vegetables are finished roasting, transfer them to a cutting board and roughly chop. Collect the 4 garlic cloves and chop them well. Roughly chop about ⅓ bunch of parsley (or coriander if you prefer). Fluff the couscous with a fork. Combine the couscous, roasted vegetables and parsley in a bowl and stir to combine. Season with more salt and pepper if desired. Serve warm.

Salmon
Pat the fish dry and portion into 4 x 150gram fillets. Lightly salt the salmon on the skin side. Heat 100ml of olive oil in a non-stick frypan and gently add the fillets skin side down. Cook without turning for 5 minutes on a medium flame. Turn fillets over once and cook for further 2 minutes. Remove from pan and serve immediately.

Lime aioli
FINely grate the rind of 1 lime, juice the fruit and measure 1 1/2 tablespoons. Place egg yolks, Dijon mustard and lime juice in a food processor bowl. With the motor running, add olive oil, drop by drop until mayonnaise begins to thicken. Add remaining oil in a very thin steady stream, until well combined. Add garlic and grated lime rind and process to combine. Season to taste.

Sumac chips
Cut bread into triangles and lightly fry in olive oil until golden. Sprinkle chips with sumac and salt while still hot.

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