



JERNEJ KITCHEN

PAN-FRIED SALMON WITH AROMATIC COUSCOUS

Pan-fried Salmon with Aromatic Couscous and a silky lemon butter sauce with capers and garlic is the perfect quick midweek lunch / dinner. Fresh and tasty.

SERVES	4	PEOPLE
PREPARATION:	20	MINUTES
COOK:	5	MINUTES
TOTAL TIME:	25	MINUTES

AROMATIC COUSCOUS

- 160 g couscous (1 cup)
- 3 tbsp olive oil
- 1/2 lengthwise cut eggplant
- 2 cloves of garlic
- 2 sprigs of parsley
- 2 tbsp chopped black olives (approx. 10 olives)
- 150 g roasted red pepper (5.3 oz)
- 1 tbsp chopped capers
- 1 tsp tahini (optional)
- 1 lemon (juice and zest)
- 1 tbsp sesame seeds
- 4 leaves of mint

PAN-FRIED SALMON

- 600 g salmon (21 oz.) (4 fillets)
- 2 tbsp capers
- 1 clove of garlic
- 2 tbsp butter

TOOLS AND EQUIPEMENT

- bowl
- sharp knife

COUSCOUS

Add couscous to the bowl. Season with salt and pepper, add a tablespoon of olive oil. Stir to combine, then pour over just enough boiling water to cover the couscous (about 350 ml). Cover with a lid or a large plate and leave for about 10 minutes.

COOK THE EGGPLANT

Cut the eggplant around 1/2 cm (1/4 inch) deep into the skin to create a crosshatch pattern. Place a skillet over medium - high heat. Add a teaspoon of olive oil. Press the eggplant cut side down into the skillet. Cook for about 5 minutes on each side or until nice and soft.

AROMATIC COUSCOUS

Chop the garlic and parsley. Slice the black olives on small pieces. Thinly chop the roasted red peppers and cooked eggplant. Add to the couscous in a bowl. Season to taste with salt and pepper. Add a tablespoon of olive oil, juice of half a lemon and zest of one lemon. Sprinkle with sesame seeds and fresh mint. Optionally add a teaspoon of tahini. Stir to combine.

PREPARE AND PAN FRY THE SALMON

Using a paper towel pat dry the salmon fillets. Using a sharp knife score through the salmon, as seen on the photos. Place a frying pan over medium - high heat. When the pan is hot, add a teaspoon of olive oil and the salmon fillet, skin side down. After about 30 seconds, press the salmon fillet using the fish spatula to get the salmon skin flat which will result in a crispy skin. Cook for 3 - 4 minutes, depending on the thickness of the fillet, then turn the fillet, turn off the heat and cook for another

cutting board
frying pan
paper towels

minute.

TIP

Put a salmon fillet in a frying pan by first placing the side looking towards you down, then slowly put the salmon into the hot pan. This way you won't get burned.

PREPARE THE LEMON BUTTER SAUCE AND SERVE

Remove the pan fried salmon filled from the frying pan. Now add the butter to the same pan. Add the chopped garlic and whole capers. Cook for about a minute, then add one tablespoon of lemon juice. Stir to combine and remove from the heat. Divide the aromatic couscous between four plates. Place a salmon fillet on top of the couscous, drizzle with your delicious lemon butter sauce and sprinkle with fresh parsley. Enjoy.