Moroccan spiced salmon with couscous

Ras el hanout salmon, tagine vegetables, herbed couscous, mint yoghurt, toasted almonds and pomegranate

Ingredients (10 portions)

Salmon	10 x 150g

Tagine sauce

Peppers	250g
Onion	350g
Carrots	150g
Celery	100g
Leek	200g
Garlic	30g crushed
Tomato puree	60g
Tinned chopped tomatoes	1kg
Olive oil	55ml/45ml
Preserved lemon	60g
Cumin	5g
Ground coriander	5g
Ras el hanout	25g

Couscous

Couscous	500g
Veg stock	650ml
Lemon juice	30ml
Ground coriander	5g
Cumin	5g
Cinnamon	1g
Lemon zest	6g
Olive oil	50ml
Dried apricots	100g
Red onion	80g
Pomegranate	120g
Cucumber	150g
Parsley	30g
Mint	15g
Fresh coriander	15g

Roast veg

Salt	5g
Peppers	200g
Courgette	200g
Cherry tomato	200g
Aubergine	200g

Mint yoghurt

Yoghurt	200ml
Mint	20g
Flaked almonds (to serve)	80g
Fresh coriander (to serve)	15g

Prep list

- Prep salmon
- Make tagine sauce
- Prep peppers/courgettes/ aubergine, equal size
- Pan fry/roast above veg, do not overcook as will be reheated
- Toast almonds
- Make mint yoghurt
- Make couscous

Allergies and Alternatives

GF: quinoa or extra roast veg instead of couscous
DF: No yoghurt / vegan yoghurt
No Fish: Change for chicken thigh or vegan version
Vegan / veggie: add chickpeas, charred sweet potato or larger courgette for plating focus
Nut free: No, remove almonds

Blackboard wording

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Method

Tagine Sauce: Build the aromatic base. Heat olive oil, add onions, leeks, celery, pinch of salt.

Cook slowly 15–20 min (no browning). This creates a sweet, deep vegetable foundation. Add hardy vegetables + spices.

Add carrots, peppers, garlic, Stir in Ras el hanout + spices. Cook 5–8 min to bloom spices. Oil and heat unlocks spice complexity.

Add tomatoes, Cook down 10–15 min until slightly thickened. You're building body and depth here.

Add stock, Simmer gently 20–30 min. For final balancing add preserved lemon, Fresh herbs, Lemon juice

This step defines the dish — bright, aromatic, not heavy.

Couscous: Heat veg stock. Massage oil through the raw couscous. Pour over hot veg stock and cover bowl with cling film. After 8-10 minutes uncover and fork through couscous. Add diced ingredients and mix through. Season to taste.

Vegetables: Cut and sauté, cool and place a equal selection in timbale moulds this is for ease of service.

Salmon: Pan fry seasoned salmon skin side down. Place in a warm pan bring up to high to get a nice crispy skin. Flip and seal. Finish cooking in pan or oven. Don't over cook. Core temp 50°C and rest in warm place before plating.

Service and Presentation

- Warm veg in moulds through oven, warm sauce.
- Place sauce just off centre, veg on the other side off centre, place salmon across,
- Garnish with yoghurt, toasted almonds and chopped coriander.

Smaller chalets

You can cook the vegetables in the evening, don't need to reheat.

