

Garth McColgan Recipe

Serves

4

Asian Salmon with Honey Glaze and Prawn Couscous

Prep Time

15 mins

Cook Time

10 mins



Perfect with...

Freeman's Bay
New Zealand

Sauvignon Blanc



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Garth McCollgan

Asian Salmon with Honey Glaze and Prawn Couscous

Ingredients

For the Couscous

- 1 pack cooked and peeled King Prawns,
- roughly chopped
- 2 sachets Thai Couscous
- 400ml boiling water
- 1 pack Mangetout
- 1 pack Baby Sweetcorn
- 1 small Carrot peeled, cut in half and sliced lengthways
- 2 tbsp water

For the Glazed Salmon

- 4 Salmon Fillets
- 10g Plain Flour
- 25ml Extra Virgin Olive Oil
- 25g Butter
- 2 tbsp Soy Sauce
- 3 tbsp Honey
- 2 cloves Garlic, finely chopped
- 1 Red Chilli, finely chopped
- 2 tbsp Coriander, roughly chopped

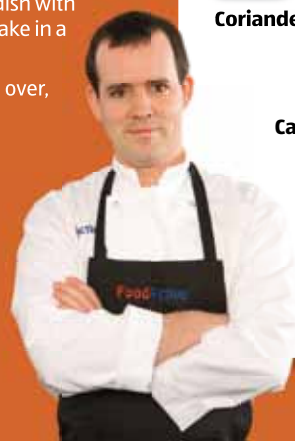
Method

For the Couscous

1. In a large bowl add roughly chopped prawns, couscous and boiling water. Mix well, cover with cling film and allow to steam for 10 minutes.
2. In a small bowl add the halved baby vegetables and mangetout, two tablespoons of water. Cover in cling film and microwave on high for 3 minutes.

For the Glazed Salmon

1. To prepare the salmon for cooking, dust the skin side lightly with plain flour.
2. Add the olive oil to a pan on a medium high heat.
3. Lay each salmon fillet skin side down flat on the pan and cook for 1 minute.
4. Turn the salmon over in the pan and season with seasalt.
5. To the pan add butter, soy sauce, honey, garlic and chilli.
6. When butter is melted pop the salmon into an ovenproof dish with the microwaved baby vegetables scattered around and bake in a pre-heated oven at 220°C for 5 minutes.
7. Serve the fish on a bed of couscous with the sauce poured over, and sprinkle with freshly chopped coriander.



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**Fresh produce prices can vary. Offers available for a limited time only, subject to availability.