



poached fillet of Scottish salmon with beetroot and cous cous

Serves 4

4 x 175g Scottish salmon fillet
400g French beans or shredded leek
150g raw beetroot, peeled and diced
250g cous cous
400ml vegetable stock
Juice of a lime
1 walnut sized piece of ginger, peeled
and finely diced
1 clove garlic, peeled and chopped

Dressing:

6 tablespoons olive oil
2 tablespoons fresh coriander
Juice of a lime
1 clove garlic
Pinch of sea salt
Freshly ground black pepper

1. Bring stock to the boil in a pan. Cook beetroot in the stock, then stir in cous cous over a low heat. Once the liquid has been absorbed, break cous cous up with a fork. Add a tablespoon of olive oil, lime juice, ginger and garlic. Mix well and keep warm.
2. Poach salmon in simmering water for about 8 minutes. Remove from the pan and peel off skin, keep warm.
3. Meanwhile cook beans in boiling water or steam them.
4. To make the dressing, blend together all the ingredients.
5. Divide the beans between 4 serving plates and top with salmon. Spoon a pile of cous cous onto each plate. Place the dressing around the salmon and serve.

