

MR HANS's Harissa Baked Salmon



INGREDIENTS:

- 2 Boneless Salmon Fillets
- 2 Carrots
- 2 Courgettes
- Harissa Paste
- Rice
- Fresh Parsley
- Fried Onions
- Salt & Ground Pepper

PROCESS:

- Preheat your oven to 200°C or 180°C Fan
- Remove the skin from the salmon (optional) and place in a shallow ovenproof dish
- Liberally spread the harissa paste on top of each piece of salmon
- Place in the pre-heated oven for around 15 minutes
- Remove the salmon from the oven and sprinkle a few crispy onions on top of the salmon
- Leave the salmon to rest for 2 minutes while you prepare the rice and spaghetti veg

RICE & SPAGHETTI VEG:

- If you are preparing whole vegetables, use a spiraliser or kitchen mandoline and place to one side
- Prepare the rice in your microwave oven as per the packet instructions, or make your own rice dish
- For the spiralised vegetables, add a knob of butter or 1 Tsp of olive oil in heated frying pan or large chef's pan
- Add the carrots & courgettes, season with salt & pepper and stir and toss in the pan for 30 seconds
- Add 2 Tbsp of water, cover and leave to steam for a maximum of 1 minute
- Remove from the heat then plate up with the salmon, and serve