

# Harissa-Spiced Salmon with Whole-Wheat Couscous and Veggies

MIND foods: Whole grains, vegetables, fish, olive oil

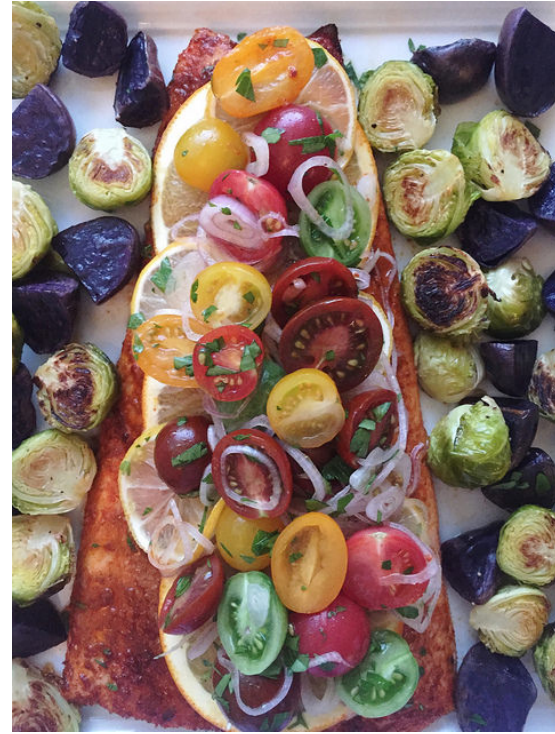
Serves 4

Time: 45-60 minutes

Difficulty: Medium

## Ingredients

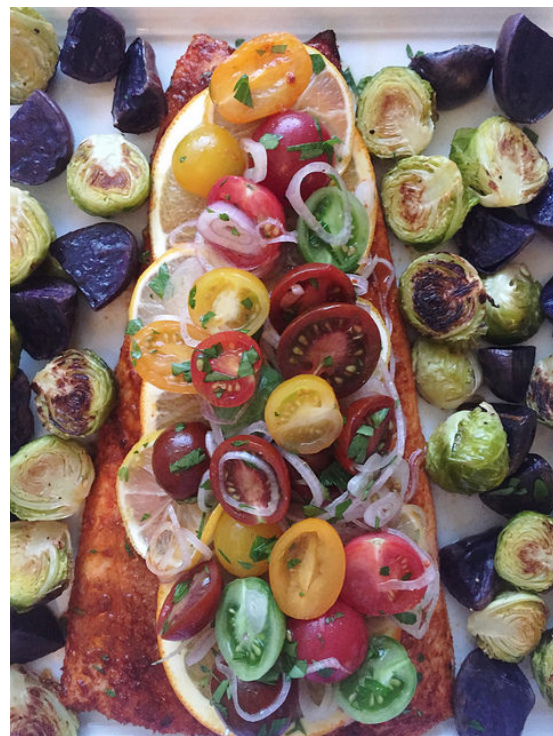
- 1 lb purple potatoes, scrubbed, eyes removed, and quartered
- 1 ½ lbs Brussels sprouts, trimmed
- 3 T olive oil, divided
- 1 lb salmon
- 1 ½ T harissa
- 1 medium orange
- 1 medium lemon
- 1 shallot, thinly sliced
- 1 cup water
- 1 cup dry whole-wheat couscous
- 1 pint cherry tomatoes, halved
- 3 sprigs parsley, chopped
- Salt and pepper, to taste



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## Method

1. Preheat oven to 425.
2. In a large bowl, toss potatoes and Brussels sprouts with 2T olive oil, salt and pepper. Transfer to a large sheet pan in one layer. Roast 10 minutes.
3. Season salmon with salt and harissa. Cut 3 thin slices starting from center of orange, and 5 thin slices starting from center of lemon. Arrange orange slices then lemon slices on top of salmon. Squeeze juice from remaining orange ends and place in small bowl with shallots with a pinch of salt. Halve remaining lemon ends for a total of 4 mini-wedges to save for plating.
4. When vegetables have roasted for 10 minutes, remove from oven, make room for salmon, and roast for another 12 minutes, or until fish is fully cooked. Let rest.
5. While fish is roasting, bring water to a boil in a medium pot. In a medium bowl, pour hot water over dry couscous. Cover and let stand 5 minutes. Fluff with fork.
6. While fish is resting, remove shallots from orange juice and add to tomatoes in a medium bowl.
7. Whisk to combine 1T olive oil, reserved orange juice, and parsley. Pour over tomato-shallot mix and toss to combine.
8. To serve, top fish with tomato salad, or serve on the side. Serve couscous on the side.



## Notes

To get a nice char on the Brussels sprouts, roast cut side down. To keep the purple of the potatoes vibrant, roast cut side up.