



SUPER SALMON SALAD

Herby couscous salad with tinned salmon and a minty yogurt dressing. You can use any seasonal veg in this salad - mangetout, sugarsnap peas, radishes etc. For a winter version, try replacing the fresh herbs with spices such as paprika and garlic, swap the cucumber for some cooked peas or lightly steamed broccoli and use vacuum-packed beetroot in place of cherry tomatoes.



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use a jug to measure liquids; use balance/digital scales; chop using bridge/claw technique; snip herbs with scissors; tear herbs; use a citrus squeezer/zester.

Equipment: 2 medium bowls, 1 small bowl, kettle, can opener, fork, knife, chopping board, citrus zester/juicer, spoon.

Allergens*: Gluten | Milk | Fish

Ingredients (serves 2):

- 100 g couscous
- 200 ml boiling water
- 1 medium can (210 g) pink salmon
- 1/4 cucumber, washed and cut into chunks
- 10 cherry tomatoes
- 100 g sweetcorn
- 1 lemon, zest and juice
- Small handful fresh herbs, washed and chopped
- 1 small pot (125 g) natural yogurt
- 1 sprig fresh mint, washed and chopped
- Black pepper, to taste
- 2 large handfuls of salad or spinach leaves

*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.

Method

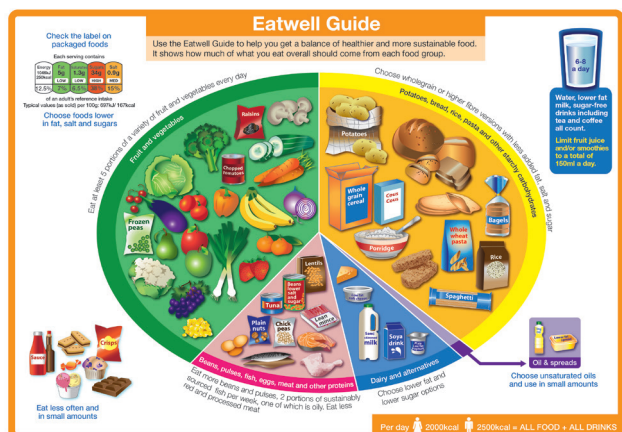
1. Weigh the couscous into a heatproof bowl and pour over the boiling water. Cover with a lid or plate and leave to one side while making the rest of the salad.
2. In a small mixing bowl, gently break up the tinned salmon with a fork and add the cucumber, tomatoes, sweetcorn, half the lemon juice and zest and the chopped herbs. Mix gently.
3. In another bowl make the minty dressing by combining the yogurt, the remaining lemon juice and finely chopped mint with some ground black pepper.
4. Once the couscous is tender and has absorbed all the water fork through to loosen it, then gently combine with the salmon and veg mixture.
5. Arrange the salad leaves in serving bowls, then divide the couscous salad between the bowls. Finish with a drizzle of the minty yogurt dressing.

NB: This dish is nice served while the couscous is still warm but is also tasty chilled and makes a great packed lunch or picnic dish.



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Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

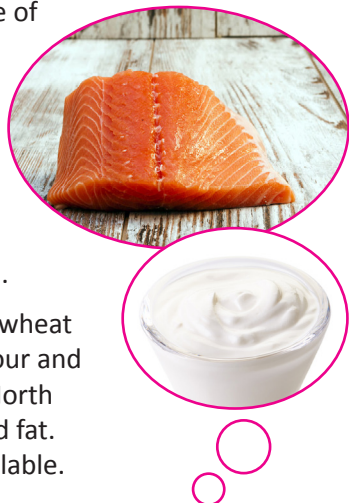
- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Super Salmon Salad ...

Salmon is an excellent source of protein, as well as a range of vitamins and minerals.

Yogurt is an excellent source of calcium and a good source of vitamin D for strong teeth and bones. It is also a good source of protein.

Couscous is coarsely ground wheat (semolina) rolled in wheat flour and is a staple food throughout North Africa. It is low in calories and fat. Wholegrain varieties are available.



Energy, sugar, fat and salt per serving

Per 538g serving

ENERGY
1699kJ / 403kcal **20%**

LOW **FAT**
7.2g **10%**

LOW **SATURATES**
1.5g **8%**

LOW **SUGARS**
11.9g **13%**

LOW **SALT**
0.9g **15%**

% of an adult's reference intake
Typical values per 100g : Energy 316kJ / 75kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.