

Less than 30 minutes

Serves 4

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Ingredients:

- 1 cup (250ml) wholegrain couscous
- 1 packet (400g) baby marrows, thickly sliced
- 1 cup (250ml) cream
- 2 cups (500ml) water or vegetable stock
- 1 jar (140g) sundried tomato pesto
- Juice (30-60ml) of ½-1 lemon
- 4 portions (600-800g) salmon (or any sustainable white fish)
- Salt and milled pepper
- 1 packet (100g) English spinach, for serving
- Sliced spring onion, for serving

Method:

1. Preheat oven to 180°C.
2. Combine couscous, baby marrows, cream, water or stock, pesto and lemon juice in an oven dish. Mix well.
3. Top couscous with fish, season and cover with foil.
4. Place in oven and cook for 15-20 minutes.
5. Serve with spinach and spring onion.

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