

**Recipe of the Week 16**  
Cashew Salmon and Apricot Couscous

The Cashew Salmon and Apricot Couscous dish is an excellent option for one of your two weekly oily fish portions. The Salmon and Cashew nuts are high in omega 3, an essential fatty acid, which is linked with anti-inflammatory effects and improved cognitive function. This could mean preserved health and improved skills in the pool.

Tip: Add a selection of green vegetables to the dish.



**Ingredients**

- 1/2 cup non-fat plain yogurt
- 4 spring onions, sliced, greens and whites separated
- 2 tablespoons lemon juice
- 2 tablespoons chopped fresh coriander
- 1/2 teaspoon ground cumin
- 3/4 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1 tablespoon extra-virgin olive oil
- 1/4 cup chopped dried apricots
- 1 tablespoon minced fresh ginger
- 1 1/4 cups water
- 1 cup whole-wheat couscous
- 600g salmon fillet, skinned and cut into 4 portions
- 2 tablespoons chopped toasted cashews

**Serves: 3-4**

**Preparation time: 5 -minutes**

**Cooking time: 20-minutes**

**Each serving contains**

Energy (kcal) – 552kcal

Carbohydrates – 65g

Protein – 37g

Fat – 17g (2.5g saturated)

**Method**

1. Preheat grill to medium-high or position rack in upper third of oven and preheat broiler.
2. Combine yogurt, spring onion greens, lemon juice, cilantro, cumin, 1/4 teaspoon salt and 1/4 teaspoon pepper in a medium bowl. Set aside.
3. Heat oil in a large saucepan over medium heat. Add apricots, ginger, the scallion whites and 1/4 teaspoon salt. Cook, stirring, until softened, about 2 minutes. Add water and bring to a boil over high heat. Stir in couscous. Remove from heat, cover and let stand until the liquid is absorbed, about 5 minutes. Fluff with a fork.
4. Meanwhile, rub salmon with the remaining 1/4 teaspoon each salt and pepper. If grilling, oil the grill rack, if broiling; coat a broiler pan with cooking spray. Grill or broil the salmon until browned and just cooked through, about 3 minutes per side. Serve with the couscous, topped with the yogurt sauce and cashews.
5. Serve

Adapted from: [www.eatingwell.com](http://www.eatingwell.com), 2010  
Image from: [www.eatingwell.com](http://www.eatingwell.com), 2010

