



Chermoula Poached Salmon

Chermoula poached salmon is an easy to prepare and delicious meal. Chermoula is a north African marinade and adds a refreshing zing and flavour to the rich and soft flavours of poached salmon. Chermoula poached salmon is as easy to prepare in the slow cooker as it is on the stove.

Ingredients: Serves 4 as a main course

4 salmon fillets	Handful of fresh coriander
6 spring onions	Zest and juice of 1 lemon
½ tsp ground cumin	4 tbsp olive oil
Pinch chilli flakes	Black pepper to taste
2 tsp smoked paprika	

To prepare:

Using a food processor, blend the coriander and spring onions. Combine with the cumin, paprika, chilli flakes, lemon zest and juice and olive oil to create an emulsion. If you have time, allow the salmon to marinate in the chermoula for a good 20 minutes. If not, continue as follows:

Spread a layer of the chermoula paste over a piece of cooking foil, add the salmon fillet on top, and spread another layer of chermoula on top of the salmon. Fold over the edges of the foil and create a parcel. Repeat this process for the rest of the salmon fillets.

To cook on the stove:

Fill a large pan with approximately 2cm of water and bring to the boil. Gently lower each parcel into the pan, ensuring the water cannot seep into the foil. Cover the pan with a well-fitting lid. Lower the heat to allow the salmon parcels to simmer gently for approximately 15 minutes. Remove the parcels and allow to rest for between 5 and 10 minutes. If there is any left-over chermoula paste at the bottom of the foil packets, spoon on top of each salmon fillet and serve up.

To cook in the slow cooker:

Prepare the salmon as above, add 2cm of water to the bottom of the slow cooker and lower the parcels in. Cook on a low setting for approximately 2 hours. Remove the parcels, gently lift out the chermoula poached salmon fillets and spoon any left-over chermoula paste from the foil onto the salmon and serve up.

Serve with your favourite side dish. For a healthy and vibrant option, serve with a fresh green salad, cherry tomatoes and avocado slices. I went with a more filling option and served chermoula poached salmon with dauphinoise potatoes and steamed cavolo nero.

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