



CLONAKILTY

SALMON COUSCOUS RISOTTO





Salmon Couscous Risotto

Recipe by Chef Kevin Dundon

Ingredients

- 200g Giant couscous
- 400ml vegetable stock
- 4 tbsp olive oil
- 4 salmon filet portions
- 200g mushrooms, sliced
- 200g peas
- 4 tbsp Irish Yogurts Clonakilty Whole Milk Natural Live Yogurt, plus extra to serve
- Salt and pepper

Directions

- Bring the vegetable stock to a boil in a medium saucepan. Add the couscous. Stir well, remove from heat, cover, and let sit for 7-10 minutes or follow the package instruction
- Meanwhile, in a sauté pan, over medium heat, add the oil and place the filet of salmon in the pan and sear for 2 minutes or so on one side. Flip the salmon once, and add the mushroom. Season with salt and pepper and cook for a further 2 minutes. Stirring the mushroom to colour. Once the salmon pieces are cooked through or to your liking, add the peas.
- Cook for a further minute or so just to warm up the peas. Remove from the heat and let it settle aside.
- Once the liquid with the couscous has been fully incorporated, fluff the couscous with a fork. Add the sauteed mushroom and peas. Keep the salmon pieces to serve on top
- Add enough yogurt and stir to combine to create a creamy yet fresh, well balanced texture 'couscous risotto' Check the seasoning and add extra salt and pepper if required.
- Transfer to a serving bowl and place the seared salmon on top. Add a dollop extra of yogurt and enjoy immediately