

Harissa spiced salmon with Moroccan bulgurwheat

Serves 4

Harissa spiced salmon

4 x 200g fresh salmon fillet
2 tsp Belazu rose harissa
1 tbsp lemon zest
1 tbsp chopped parsley
4 tbsp toasted breadcrumbs
Mild olive oil

Moroccan bulgur wheat

3 large red onions, peel and slice into rings
2 tbsp mild olive oil
100g golden raisins
1 tbsp honey
1 tsp ras el hanout spice
300g bulgurwheat
30g toasted almonds(or spicy granola)
30g coriander
30g parsley
2 tblsp fresh lemon juice
Pomegranate seeds for decoration

Method

The initial stages of the bulgurwheat can be made in advance and put in the fridge. Just leave the herbs to be added before serving as the lemon juice will turn the herbs a grey/green colour.

Pour the dried bulgurwheat into a heatproof bowl. Boil the kettle and pour over the hot water to cover the bulgurwheat (1cm above) Cover and leave the bulgur wheat to absorb all the water (takes about 15-20 minutes). Fork through the bulgur to fluff up the grains with a fork. It should now be light and fluffy.

Heat 2 tablespoons of mild olive oil. Cook the onions slowly for 15-20mins until they are soft and translucent. Add the ras el hanout and cook for a few mins until the spice is cooked into the onion mix. Season with salt and black pepper.

Add the honey and cook for a further few minutes until the onions are caramelised, sticky and sweet. Stir in the raisins, and cook for another minute.

Leave to cool and then add 2 tablespoon of fresh lemon juice.

Add the onion and raisin mix,. At this stage you can refrigerate overnight and use the next day.

Taste the bulgur and if more lemon juice is needed, then add a tablespoon or two. Roughly chop the herbs, and add to bulgur wheat.

Pour onto a very large serving platter and sprinkle with almonds and pomegranate seeds.(or savoury granola if you want)

For the salmon, make the topping. Mix the harissa, lemon zest, breadcrumbs chopped parsley and bind with olive oil.

Oil a baking tray, or line a tray with parchment paper. With your hands cover each piece of salmon, with a thin layer of the topping to about 1/2 cm thick. Bake in oven at 180C, gas 4 for 15-20 mins, depending on the thickness of the salmon. The salmon should be pink and not translucent.

Serve the salmon on a bed of bulgur wheat with the roast cauliflower.