Less than 30 minutes Serves 4 Share Share on facebook Share on twitter Share on pinterest Share on whatsapp Share on email 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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