

Harissa Salmon Sandwich with Pea Hummous



Serves 2 Prep 15 mins Cooking 20 mins Easy

Ingredients

4 tbsp hummus
4 tbsp frozen peas, defrosted
1/2 juiced lemon
2 tsp harissa paste
2 fillets skinless wild Alaskan salmon
oil
2 small bread rolls or deli bread, toasted
punnet of mustard & cress or lettuce leaves
1/2 red onion, finely sliced (optional)

Harissa paste

5 sun-blushed tomatoes
2 tbsp olive oil
1 tsp caraway seeds
1 tsp cumin
1 roasted pepper (optional)
squeeze lemon
salt
paprika

1. Blend the hummus, peas and lemon juice in a food processor and season. Blend the ingredients for the harissa paste in a blender or the same food processor.
2. Brush the harissa onto the salmon, put onto an oiled baking sheet and cook for 20 minutes in the oven 190C/Fan170C/Gas 5 or grill for about 5 minutes until cooked through depending on the thickness of the salmon.
3. Spoon the hummus into the buns, top with the salmon, cress or salad leaves and put the top of the bun on the sandwich.