

SALMON TOMATO COUSCOUS

Salmon jerky and curry powder are key to this hearty dish.

by: Nicole Spiridakis

1 1/2 cups sun-dried tomatoes, chopped

2 cups instant whole-wheat couscous

6 ounces salmon jerky, shredded

1/2 teaspoon curry powder

1/2 teaspoon salt

1/2 teaspoon black pepper

At Home

Place curry powder, salt, and pepper in a zip-top bag.

In Camp

Place the tomatoes in a pot and cover with three cups water. Bring to a boil and cook for two minutes.

Remove from heat, add the couscous, stir, and cover. Let sit for five minutes, or until all the water is absorbed. Remove lid and stir in the curry powder, salt, pepper, and salmon.

Prep time 2 minutes

Cook time 8 minutes

Price \$6 per serving

Weight 3 ounces per serving

Serves 4

Calories 414

Fat 6 g

Carbs 76 g

Protein 35 g