



Seared Salmon & Capsicum-Kale Couscous

with Lemon-Butter & Garlic Yoghurt

Grab your Meal Kit with this symbol



Zucchini



Capsicum



Kale



Garlic



Lemon



Greek-Style Yoghurt



Vegetable Stock Powder



Couscous



Salmon



Slivered Almonds



Salmon

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me First

Tender and tasty salmon pairs so perfectly with a fluffy bedding of our favourite grain - couscous! With the additions of the finest green veg around (kale and capsicum to be precise), all you need to finish this one off is some slivered almonds, lemon-butter sauce and a dollop of garlic yoghurt!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Honey

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
capsicum	1	2
kale	1 medium bag	1 large bag
garlic	2 cloves	4 cloves
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
water*	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
butter*	40g	80g
honey*	1 tsp	2 tsp
salmon	1 small packet	2 small packets OR 1 large packet
slivered almonds	1 medium packet	1 large packet
salmon**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3627kJ (867Cal)	653kJ (156Cal)
Protein (g)	45.8g	8.2g
Fat, total (g)	53.5g	9.6g
- saturated (g)	17.6g	3.2g
Carbohydrate (g)	49.4g	8.9g
- sugars (g)	12.9g	2.3g
Sodium (mg)	616mg	111mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4899kJ (1171Cal)	704kJ (168Cal)
Protein (g)	75.1g	10.8g
Fat, total (g)	73.8g	10.6g
- saturated (g)	21.7g	3.1g
Carbohydrate (g)	51g	7.3g
- sugars (g)	12.9g	1.9g
Sodium (mg)	657mg	94mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **zucchini** and **capsicum** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until almost tender, **10-15 minutes**.
- Meanwhile, roughly tear **kale** leaves, then discard stems.
- Remove tray from oven, add **kale** and gently toss to combine. Return tray to oven and roast until tender, **10 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Make the lemon-butter sauce

- While couscous is cooking, return frying pan to medium heat. Add the **butter**, stirring occasionally, until slightly browned with a nutty aroma, **3-4 minutes**.
- Remove from heat, then immediately pour **butter** into a second small heatproof bowl.
- Add a good squeeze of **lemon juice** and the **honey**. Season, then stir to combine.



Get prepped

- Meanwhile, finely chop **garlic**.
- Slice **lemon** into wedges.
- In a large frying pan, heat a drizzle of **olive oil** and **garlic** over medium-high heat. Cook until fragrant, **1 minute**. Transfer to a small heatproof bowl, then allow to cool for **5 minutes**.
- Add **Greek-style yoghurt** to **garlic oil mixture** and combine. Season to taste.



Cook the salmon

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Pat **salmon** dry with paper towel, then season both sides.
- When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness).

TIP: Patting the salmon skin dry helps it crisp up in the pan!

Custom Recipe: If you've doubled your salmon, cook salmon, as above, in batches for the best results.



Make the couscous

- In a medium saucepan, combine the **water** and **vegetable stock powder**, then bring to the boil.
- Add **couscous** and a drizzle of **olive oil**, then stir to combine. Cover with a lid and remove from heat.
- Set aside until water is absorbed, **5 minutes**.
- Fluff up with fork. Add a pinch of **pepper** and set aside.



Serve up

- Stir roasted veggies and **slivered almonds** through couscous.
- Divide capsicum-kale couscous between bowls. Top with salmon.
- Drizzle lemon-butter sauce over salmon. Dollop over the garlic yoghurt.
- Serve with any remaining lemon wedges. Enjoy!

Rate your recipe

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