



Moroccan Seared Salmon & Freekeh Salad

with Roast Veggies, Garlic Sauce & Parsley

EXPLORER

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Freekeh



Vegetable Stock Powder



Sweet Potato



Beetroot



Ras El Hanout



Garlic



Parsley



Salmon



Garlic Sauce



Chicken Breast

Prep in: 20-30 mins
Ready in: 35-45 mins

Eat Me First

Ras el hanout is one of the most diverse spice blends on the market, combining a vibrant and earthy mix of several fantastic spices. Paired with freekeh, an ancient grain hailing from the Middle East, this Moroccan salmon number will be one for the books!

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

Pantry items

Olive Oil, Butter, Honey, White Wine Vinegar

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

Large saucepan · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
freekeh	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
sweet potato	1	2
beetroot	1	2
ras el hanout	1 medium sachet	1 large sachet
garlic	1 clove	2 cloves
parsley	1 bag	1 bag
salmon	1 small packet	2 small packets OR 1 large packet
butter*	15g	30g
honey*	½ tbs	1 tbs
white wine vinegar*	1 tsp	2 tsp
garlic sauce	1 packet	2 packets
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3146kJ (752Cal)	707kJ (169Cal)
Protein (g)	41.7g	9.4g
Fat, total (g)	35.7g	8g
- saturated (g)	8.7g	2g
Carbohydrate (g)	51g	11.5g
- sugars (g)	22.8g	5.1g
Sodium (mg)	814mg	183mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2635kJ (630Cal)	561kJ (134Cal)
Protein (g)	45.2g	9.6g
Fat, total (g)	21.2g	4.5g
- saturated (g)	6.8g	1.4g
Carbohydrate (g)	48.7g	10.4g
- sugars (g)	22.8g	4.9g
Sodium (mg)	866mg	184mg

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



Cook the freekeh

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle. Heat a large saucepan over medium-high heat with a drizzle of **olive oil**.
- Toast **freekeh**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill the saucepan with the boiled water. Bring to the boil, then simmer, uncovered, until tender, **30-35 minutes**.
- Drain and rinse **freekeh**, then return to saucepan over medium heat. Add **vegetable stock powder** and cook, stirring to combine. Remove from heat and set aside.

TIP: Freekeh is cooked when it has softened but still retains some bite.



Cook the salmon

- When freekeh has **5 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan, over medium-high heat. Cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side.
- In the **last minute**, add the **butter** and **garlic**, gently turning **salmon** to coat.
- Remove pan from heat and add the **honey**, gently turning **salmon** to coat.

Custom Recipe: Prepare pan as above. Cook chicken steaks, until cooked through (when no longer pink inside), 3-6 minutes each side. Continue with step as above.



Roast the veggies

- Meanwhile, cut **sweet potato** into bite-sized chunks. Cut **beetroot** into small chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil** then sprinkle with **ras el hanout**. Season with **salt** and **pepper**. Toss to coat.
- Roast until tender, **20-25 minutes**.

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



Make the freekeh salad

- To the saucepan with the freekeh, add **roasted veggies**, **parsley** (reserve some for the garnish!) and a drizzle of the **white wine vinegar** and **olive oil**. Gently stir to combine. Season to taste.



Get Prepped

- Finely chop **garlic**.
- Roughly chop **parsley**.
- Pat **salmon** dry with a paper towel (this helps the skin crisp up in the pan!), then season both sides.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.



Serve up

- Divide freekeh salad with roast veggies between plates. Top with seared salmon.
- Dollop with **garlic sauce**.
- Sprinkle over reserved parsley to serve. Enjoy!

Rate your recipe

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