



# Moroccan Honey-Glazed Salmon

with Carrot Couscous, Garlic Yoghurt & Salad

Grab your Meal Kit with this symbol



Carrot



Couscous



Vegetable Stock Powder



Tomato



Garlic



Greek-Style Yoghurt



Salmon



Ras El Hanout



Mixed Salad Leaves



Salmon

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

Eat Me First

There's no need to seek out and measure a bunch of spices when you have our ras el hanout spice blend handy; brimming with the best Moroccan-inspired spices (think coriander, paprika, cumin, cinnamon, and then some), it really elevates tonight's salmon dinner.

**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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
<b>butter*</b>	20g	40g
couscous	1 medium packet	1 large packet
<b>boiling water*</b>	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
tomato	1	2
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
salmon	1 small packet	2 small packets OR 1 large packet
ras el hanout	1 medium sachet	1 large sachet
<b>salt*</b>	¼ tsp	½ tsp
<b>honey*</b>	2 tbs	¼ cup
mixed salad leaves	1 small bag	1 medium bag
<b>white wine vinegar*</b>	drizzle	drizzle
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)	2999kJ (717Cal)	784kJ (187Cal)
Protein (g)	37.7g	9.9g
Fat, total (g)	36.7g	9.6g
- saturated (g)	11.1g	2.9g
Carbohydrate (g)	57.5g	15g
- sugars (g)	21.3g	5.6g
Sodium (mg)	927mg	242mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4256kJ (1017Cal)	814kJ (195Cal)
Protein (g)	66.3g	12.7g
Fat, total (g)	57g	10.9g
- saturated (g)	14.7g	2.8g
Carbohydrate (g)	58.6g	11.2g
- sugars (g)	21.3g	4.1g
Sodium (mg)	984mg	188mg

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](https://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



1



## Cook the couscous

- Boil the kettle. Grate **carrot**.
- In a medium saucepan, heat the **butter** with a drizzle of **olive oil** over medium-high heat. Cook **carrot**, stirring, until softened, **2-3 minutes**.
- Add **couscous**, the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and **vegetable stock powder**. Stir to combine, cover with a lid and remove from heat.
- Leave for **5 minutes**. Fluff up with a fork. Cover to keep warm.

3



## Cook the salmon & make the salad

- Pat **salmon** dry with paper towel. In a medium bowl, combine **ras el hanout**, the **salt** and a drizzle of **olive oil**. Add **salmon**, gently turning to coat.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness). In the **last minute**, add the **honey**, gently turning **salmon** to coat. Transfer to a plate to rest.
- While the salmon is cooking, combine **tomato**, **mixed salad leaves** and a drizzle of **olive oil** and the **white wine vinegar** in a second medium bowl. Season to taste.

**Custom Recipe:** If you've doubled your salmon, cook salmon in batches for the best results. Return all cooked salmon to pan before adding the honey.

2



## Make the garlic yoghurt

- Meanwhile, roughly chop **tomato**.
- Finely chop **garlic**.
- 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.
- Add **Greek-style yoghurt** to **garlic oil mixture**, stirring to combine. Season to taste, then set aside.

4



## Serve up

- Divide carrot couscous and salad between plates. Top with Moroccan honey-glazed salmon.
- Serve with a dollop of garlic yoghurt. Enjoy!

## Rate your recipe

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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)