



# Seared Salmon & Lemon Pepper Couscous

with Walnut Salad & Dijon Yoghurt

Grab your Meal Kit with this symbol



Couscous



Lemon Pepper Seasoning



Tomato



Dijon Mustard



Greek-Style Yoghurt



Salmon



Mixed Salad Leaves



Walnuts



Beef Rump

Prep in: **10-20 mins**  
Ready in: **25-35 mins**

**1** Eat Me First

The addition of lemon pepper seasoning to a fluffy light couscous makes this the perfect side for a rich and robust piece of salmon. Add a dollop of Dijon yoghurt for creaminess and tang and serve with a sweet and peppery salad.

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

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic), 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>boiling water*</b>	¾ cup	1½ cups
couscous	1 medium packet	1 large packet
lemon pepper seasoning	1 sachet	2 sachets
tomato	1	2
Dijon mustard	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
salmon	1 small packet	2 small packets OR 1 large packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
<b>honey*</b>	½ tsp	1 tsp
mixed salad leaves	1 medium bag	1 large bag
walnuts	1 medium packet	1 large packet
beef rump**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2810kJ (672Cal)	834kJ (199Cal)
Protein (g)	40g	11.9g
Fat, total (g)	36.3g	10.8g
- saturated (g)	6.1g	1.8g
Carbohydrate (g)	44.8g	13.3g
- sugars (g)	8.1g	2.4g
Sodium (mg)	540mg	160mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2202kJ (526Cal)	635kJ (152Cal)
Protein (g)	41.5g	12g
Fat, total (g)	20.1g	5.8g
- saturated (g)	3.9g	1.1g
Carbohydrate (g)	42.5g	12.3g
- sugars (g)	8.1g	2.3g
Sodium (mg)	575mg	166mg

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



## Make the couscous

- Boil the kettle. In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people), **couscous**, **lemon pepper seasoning** and a pinch of **salt**.
- Cover with a lid and remove from heat. Set aside until the water is absorbed, **5 minutes**. Fluff up with a fork.

3



## Cook the salmon

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Pat **salmon** dry with paper towel (this helps the salmon crisp up in the pan!), then season both sides.
- Cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness).
- Meanwhile, in a second medium bowl, combine the **vinegar**, the **honey** and a good drizzle of **olive oil**. Season to taste. Add **mixed salad leaves**, **tomato** and **walnuts**. Toss to coat.

**Custom Recipe:** In a large frying pan, heat a drizzle of olive oil over high heat. Cook the beef, turning, for 3-6 minutes (depending on thickness) or until cooked to your liking. Transfer to a plate to rest. Continue as above.

2



## Get prepped

- While the couscous is cooking, roughly chop **tomato**.
- In a small bowl, combine **Dijon mustard** and **Greek-style yoghurt**. Season with **salt** and **pepper** to taste.

**TIP:** Dijon mustard is quite strong in flavour, feel free to use less!

**Custom Recipe:** If you've swapped to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. Season beef with salt and pepper.

4



## Serve up

- Divide lemon pepper couscous between plates. Top with seared salmon.
- Drizzle Dijon yoghurt over salmon.
- Serve with walnut salad. Enjoy!

## Rate your recipe

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