



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



Chicken Breast

Prep in: 25-35 mins
Ready in: 35-45 mins

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.

Eat Me First

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
olive oil*	refer to method	refer to method
carrot	1	2
butter*	20g	40g
couscous	1 medium packet	1 large packet
boiling water*	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
salt*	¼ tsp	½ tsp
honey*	2 tbs	¼ cup
mixed salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
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)	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)	2495kJ (596Cal)	612kJ (146Cal)
Protein (g)	43.1g	10.6g
Fat, total (g)	21.1g	5.2g
- saturated (g)	8.9g	2.2g
Carbohydrate (g)	56.3g	13.8g
- sugars (g)	21.3g	5.2g
Sodium (mg)	955mg	234mg

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



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 swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Coat chicken and heat pan as above. Cook chicken, until cooked through (when no longer pink inside), 3-6 minutes each side.

2



Make the garlic yoghurt

- Meanwhile, roughly chop **tomato**. Set aside.
- 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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