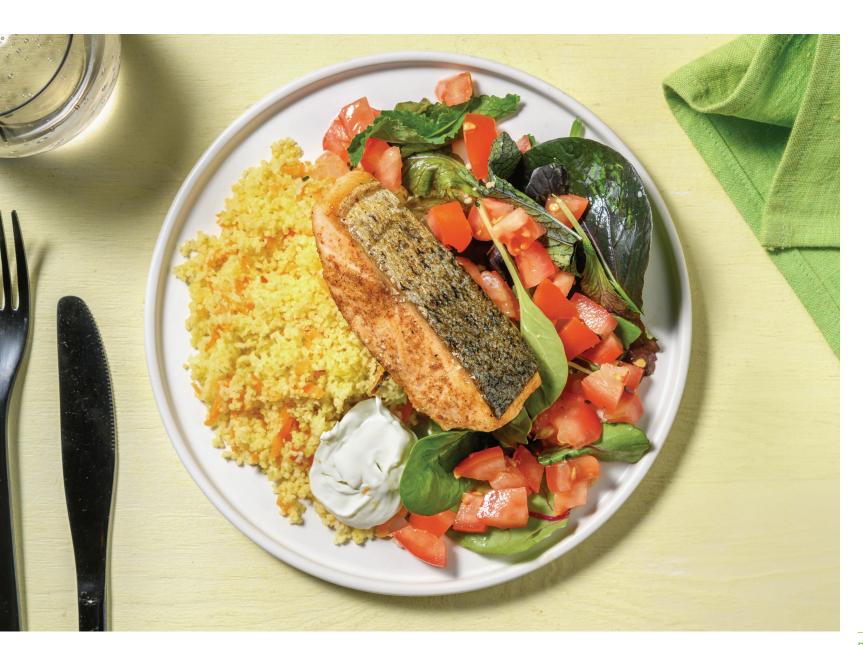


Moroccan Honey-Glazed Salmon with Carrot Couscous, Garlic Yoghurt & Salad

Grab your Meal Kit with this symbol













Vegetable Stock



Powder











Salmon





Mixed Salad Leaves



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



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

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	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*	1/4 tsp	½ tsp		
honey*	2 tbs	⅓ 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

Per Serving	Per 100g
2999kJ (717Cal)	784kJ (187Cal)
37.7g	9.9g
36.7g	9.6g
11.1g	2.9g
57.5g	15g
21.3g	5.6g
927mg	242mg
	2999kJ (717Cal) 37.7g 36.7g 11.1g 57.5g 21.3g

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





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 (34 cup for 2 people / 11/2 cups for 4 people) and vegetable stock powder. Stir to combine, cover with a lid and remove
- Leave for **5 minutes**. Fluff up with a fork. Cover to keep warm.



Cook the salmon & make the salad

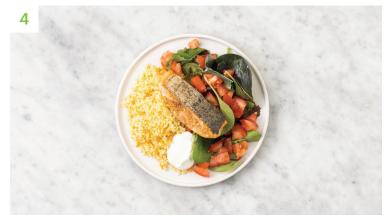
- Pat salmon dry with paper towel. In a medium bowl, combine ras el hanout, the **salt** and a drizzle of **olive oil**. Add **salmon**, gently turning to coat.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook salmon, skin-side down first, until just cooked 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.



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.



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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate