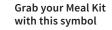


Seared Salmon & Spinach Couscous with Lime Yoghurt, Tomato Salsa & Flaked Almonds

CUSTOMER FAVOURITE









Powder



Baby Spinach





Tomato







Greek-Style



Yoghurt

Salmon



Flaked Almonds



Prep in: 15-25 mins Ready in: 20-30 mins

Eat Me First



Couscous speckled with veggies and mint is a winning side dish - it's fast, fresh and full of flavour. Serve it next to gently seared salmon and a lime yoghurt, then add a sprinkling of toasted almonds for extra goodness and crunch. This meal is a star performer!

Olive Oil, Butter

Pantry items

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
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
tomato	1	2
lime	1/2	1
mint	1 bag	1 bag
parsley	1 bag	1 bag
Greek-style yoghurt	1 medium packet	2 medium packets
salmon	1 small packet	2 small packets OR 1 large packet
flaked almonds	1 medium packet	1 large packet
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)	2690kJ (643Cal)	727kJ (174Cal)
Protein (g)	39.4g	10.6g
Fat, total (g)	34.3g	9.3g
- saturated (g)	10.5g	2.8g
Carbohydrate (g)	42.3g	11.4g
- sugars (g)	6.2g	1.7g
Sodium (mg)	576mg	156mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2186kJ (522Cal)	553kJ (132Cal)
Protein (g)	44.8g	11.3g
Fat, total (g)	18.7g	4.7g
- saturated (g)	8.4g	2.1g
Carbohydrate (g)	41.2g	10.4g
- sugars (g)	6.2g	1.6g
Sodium (mg)	604mg	153mg

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

- Finely chop garlic.
- In a medium saucepan, heat the **butter** over medium-high heat.
- Cook garlic until fragrant, 1 minute. Add the water and vegetable stock powder and bring to the boil.
- Add **couscous**, stir to combine, cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with fork. Stir though **baby spinach leaves**, until wilted and combined.



Cook the salmon

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Pat **salmon** dry with a paper towel and season both sides.
- When oil is hot, cook salmon, skin-side down first, until just cooked through,
 2-4 minutes each side.

TIP: Patting the skin dry helps it crisp up in the pan!

Custom Recipe: Heat pan as above. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded).



Get prepped

- Meanwhile, finely chop tomato. Zest lime and slice into wedges. Pick and roughly chop mint leaves.
- In a small bowl, place tomato, a good squeeze of lime, mint leaves and a drizzle of olive oil. Tear in parsley. Toss to combine. Season.
- In a second small bowl, combine lime zest and Greek-style yoghurt.
 Season with salt and pepper.

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 spinach couscous between bowls.
- Top with seared salmon and tomato salsa.
- Finish with a dollop of lime yoghurt and sprinkle over flaked almonds to serve. Enjoy!

Rate your recipe