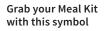


Moroccan Salmon & Wholemeal Couscous Salad

with Roast Veggies, Garlic Sauce & Parsley

NEW









Sweet Potato













Vegetable Stock



Salmon

Wholemeal Couscous Powder



Garlic Sauce



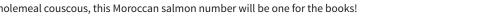
Chicken Breast



Eat Me First

Ras el hanout is one of the most diverse spice blends on the market, combining a vibrant and earthy mix of several fantastic spices. Paired with wholemeal couscous, this Moroccan salmon number will be one for the books!





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

Oven tray lined with baking paper \cdot Medium saucepan with a lid \cdot Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato	1	2		
beetroot	1	2		
ras el hanout	1 medium sachet	1 large sachet		
garlic	1 clove	2 cloves		
parsley	1 bag	1 bag		
salmon	1 small packet	2 small packets OR 1 large packet		
water*	¾ cup	1½ cups		
vegetable stock powder	1 medium sachet	1 large sachet		
wholemeal couscous	1 packet	2 packets		
butter*	15g	30g		
honey*	½ tbs	1 tbs		
white wine vinegar*	drizzle	drizzle		
garlic sauce	1 medium packet	2 medium packets		
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)	3080kJ (736Cal)	701kJ (168Cal)
Protein (g)	40.8g	9.3g
Fat, total (g)	35.7g	8.1g
- saturated (g)	8.7g	2g
Carbohydrate (g)	59.9g	13.6g
- sugars (g)	22g	5g
Sodium (mg)	853mg	194mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2576kJ (616Cal)	555kJ (133Cal)
Protein (g)	46.2g	10g
Fat, total (g)	20.1g	4.3g
- saturated (g)	6.6g	1.4g
Carbohydrate (g)	58.8g	12.7g
- sugars (g)	22g	4.7g
Sodium (mg)	880mg	190mg

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





Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut sweet potato into bite-sized chunks.
- Cut **beetroot** into small chunks.
- Place prepped veggies on a lined oven tray.
 Drizzle with olive oil then sprinkle with ras el hanout. Season with salt and pepper. Toss to coat.
- · Roast until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Get prepped

- · While the veggies are roasting, finely chop garlic.
- · Roughly chop parsley.
- Pat salmon dry with paper towel (this helps the skin crisp up in the pan!), then season both sides.



Make the couscous

- To a medium saucepan, add the water and vegetable stock powder and bring to the boil.
- Add wholemeal couscous. Stir to combine, cover with a lid and remove from heat.
- Set aside until water is absorbed, 6 minutes.
- Fluff up with fork and keep uncovered.

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.



Cook the salmon

- In a large frying pan, heat a drizzle of olive oil, over medium-high heat. Cook salmon, skin-side down first, until just cooked through,
 2-4 minutes each side.
- In the **last minute**, add the **butter**, **garlic** and the **honey**. Gently turn **salmon** to coat.

Custom Recipe: Prepare pan as above. Cook chicken steaks, until cooked through (when no longer pink inside), 3-6 minutes each side. Continue with step as above.



Bring it all together

 To the saucepan with couscous, add roasted veggies, parsley (reserve some for the garnish!) and a drizzle of the white wine vinegar and olive oil. Gently stir to combine. Season to taste.



Serve up

- Divide couscous salad with roast veggies between plates.
- Top with seared salmon and a dollop of garlic sauce.
- Sprinkle over reserved parsley to serve. Enjoy!



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