



Moroccan Salmon & Wholemeal Couscous Salad

with Roast Veggies, Garlic Sauce & Parsley

NEW

Grab your Meal Kit with this symbol



Sweet Potato



Beetroot



Ras El Hanout



Garlic



Parsley



Salmon



Vegetable Stock Powder



Wholemeal Couscous



Garlic Sauce



Chicken Breast

Prep in: 20-30 mins
Ready in: 35-45 mins

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!

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

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

Ingredients

	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.



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.



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.



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.



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.



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!

Rate your recipe

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