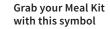


Seared Salmon & Spinach Couscous with Lime Yoghurt, Herby Tomato Salsa & Flaked Almonds

CUSTOMER FAVOURITE













Baby Spinach Leaves







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 citrussy yoghurt, then add a sprinkling of toasted almonds for extra goodness and crunch. This meal is a star performer!

Pantry items Olive Oil, Butter

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
refer to method	refer to method
2 cloves	4 cloves
20g	40g
¾ cup	1½ cups
1 medium sachet	1 large sachet
1 medium packet	1 large packet
1 medium bag	1 large bag
1	2
1/2	1
1 bag	1 bag
1 medium packet	2 medium packets
1 small packet	2 small packets OR 1 large packet
1 medium packet	1 large packet
1 small packet	2 small packets OR 1 large packet
	refer to method 2 cloves 20g 3/4 cup 1 medium sachet 1 medium bag 1 1/2 1 bag 1 medium packet 1 small packet 1 medium packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2682kJ (641Cal)	735kJ (176Cal)
Protein (g)	39.2g	10.7g
Fat, total (g)	34.3g	9.4g
- saturated (g)	10.5g	2.9g
Carbohydrate (g)	42.1g	11.5g
- sugars (g)	6.1g	1.7g
Sodium (mg)	575mg	158mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2100kJ (502Cal)	560kJ (134Cal)
Protein (g)	41.2g	11g
Fat, total (g)	18.2g	4.9g
- saturated (g)	8.4g	2.2g
Carbohydrate (g)	40.9g	10.9g
- sugars (g)	6.1g	1.6g
Sodium (mg)	593mg	158mg

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: If you've swapped to beef rump, place beef rump between two sheets of baking paper. Pound beef with a rolling pin until slightly flattened (if your beef rump is more than 3cm thick, cut in half horizontally before pounding for a shorter cook time!). Season beef with salt and pepper. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.



Get prepped

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



Serve up

- Divide spinach couscous between bowls.
- Top with seared salmon and herby tomato salsa.
- Dollop over some lime yoghurt and sprinkle over flaked almonds to serve. Enjoy!



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