

Lemon Salmon & Capsicum-Kale Couscous

with Garlic Yoghurt & Almonds

Grab your Meal Kit with this symbol





















Lemon





Vegetable Stock Powder

Couscous







Salmon

Flaked Almonds





Pantry items

Olive Oil, Butter, Honey

Prep in: 25-35 mins Ready in: 30-40 mins



Tender and tasty salmon pairs so perfectly with a fluffy bedding of our favourite grain - couscous! With the additions of the finest green veg around (kale and capsicum to be precise), all you need to finish this one off is some almonds, lemon-butter sauce and a dollop of garlic yoghurt!

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

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	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
capsicum	1	2
kale	1 medium bag	1 large bag
garlic	2 cloves	4 cloves
lemon	1/2	1
Greek style yoghurt	1 medium packet	1 large packet
water*	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
butter*	40g	80g
honey*	1 tsp	2 tsp
salmon	1 small packet	2 small packets OR 1 large packet
flaked almonds	1 medium packet	1 large packet
salmon**	1 small packet	2 small packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3359kJ (803Cal)	616kJ (147Cal)
Protein (g)	42.9g	7.9g
Fat, total (g)	48.2g	8.8g
- saturated (g)	16.7g	3.1g
Carbohydrate (g)	48.2g	8.8g
- sugars (g)	12.6g	2.3g
Sodium (mg)	631mg	116mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4616kJ (1103Cal)	673kJ (161Cal)
Protein (g)	71.5g	10.4g
Fat, total (g)	68.5g	10g
- saturated (g)	20.3g	3g
Carbohydrate (g)	49.3g	7.2g
- sugars (g)	12.6g	1.8g
Sodium (mg)	687mg	100mg

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

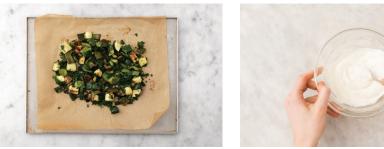
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Roast the veggies

- Preheat oven to 240°C/220°C fan-forced. Cut zucchini and capsicum into bite-sized chunks.
- Place prepped veggies on a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to coat. Roast until almost tender. 10-15 minutes.
- Meanwhile, roughly tear **kale** leaves, then discard stems.
- Remove tray from oven, add kale and gently toss to combine. Return tray to oven and roast until tender, 10 minutes.

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



Get prepped

- Meanwhile, finely chop garlic.
- · Slice lemon into wedges.
- 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, then allow to cool for 5 minutes.
- Add Greek style yoghurt to garlic oil mixture and combine. Season to taste.



Make the couscous

- In a medium saucepan, combine the water and vegetable stock powder, then bring to the boil.
- Add couscous and a drizzle of olive oil, then stir to combine. Cover with a lid and remove from heat.
- Set aside until water is absorbed. 5 minutes.
- Fluff up with fork. Add a pinch of pepper and set aside.



Make the lemon-butter sauce

- While couscous is cooking, return frying pan to medium heat. Add the butter, stirring occasionally, until slightly browned with a nutty aroma, 3-4 minutes.
- Remove from heat, then immediately pour butter into a second small heatproof bowl.
- · Add a good squeeze of lemon juice and the honey. Season, then stir to combine.



Cook the salmon

- · Return frying pan to medium-high heat with a drizzle of olive oil.
- Pat salmon dry with paper towel, then season both sides.
- 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 lemon-butter sauce. gently turn the **salmon** to coat.

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

Custom Recipe: If you've doubled your salmon, cook salmon in batches for best results.



Serve up

- · Stir roasted veggies and flaked almonds through couscous.
- Divide capsicum-kale couscous between bowls.
- Top with salmon, spooning over any remaining sauce from the pan.
- Dollop over the garlic yoghurt and serve with any remaining lemon wedges. Enjoy!



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