



Moroccan Seared Salmon & Hummus Dressing

with Couscous-Spinach Salad

NEW CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Couscous



Currants



Chicken-Style Stock Powder



Cucumber



Tomato



Hummus



Golden Goddess Dressing



Salmon



Chermoula Spice Blend



Baby Spinach Leaves



Salmon

Prep in: 5-10 mins
Ready in: 20-30 mins

Eat Me First

In this easy 4 stepper, enjoy a bright and light couscous-spinach bowl with fresh and light veggies aplenty and Moroccan seared salmon for the star-studded protein.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
couscous	1 medium packet	1 large packet
currants	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
cucumber	1	2
tomato	1	2
hummus	1 packet (50g)	1 packet (100g)
golden goddess dressing	1 packet	2 packets
salmon	1 small packet	2 small packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
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)	2757kJ (659Cal)	716kJ (171Cal)
Protein (g)	38.4g	10g
Fat, total (g)	32.9g	8.5g
- saturated (g)	4.7g	1.2g
Carbohydrate (g)	50.7g	13.2g
- sugars (g)	11.1g	2.9g
Sodium (mg)	1352mg	351mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4014kJ (959Cal)	764kJ (183Cal)
Protein (g)	66.9g	12.7g
Fat, total (g)	53.2g	10.1g
- saturated (g)	8.3g	1.6g
Carbohydrate (g)	51.9g	9.9g
- sugars (g)	11.1g	2.1g
Sodium (mg)	1409mg	268mg

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



1



Make the couscous

- Boil the kettle. To a large bowl, add **couscous**, **currants** and **chicken-style stock powder**.
- Add the **boiling water** (¾ cups for 2 people / 1½ cups for 4 people) and stir to combine. Immediately cover with a plate and leave for **5 minutes**.
- Fluff up with fork and set aside.

3



Cook the salmon

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

Custom Recipe: Cook salmon, as above, in batches for the best results.

2



Get prepped

- Meanwhile, roughly chop **cucumber** and **tomato**.
- In a small bowl, combine **hummus** and **golden goddess dressing**. Set aside.
- Pat **salmon** dry with paper towel. In a medium bowl, combine **chermoula spice blend** and a drizzle of **olive oil**. Add **salmon**, then gently turn to coat.

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

Custom Recipe: If you've doubled your salmon, prepare salmon as above.

4



Bring it all together & serve up

- To the bowl with couscous, add cucumber, tomato, **baby spinach leaves**, a drizzle of **white wine vinegar** and olive oil. Toss to combine. Season to taste.
- Divide couscous-spinach salad between bowls.
- Top with Moroccan salmon.
- Drizzle over hummus dressing to serve. Enjoy!

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