



Seared Salmon & Spinach Couscous

with Lime Yoghurt, Tomato Salsa & Flaked Almonds

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Vegetable Stock Pot



Couscous



Baby Spinach Leaves



Tomato/Kumato



Lime



Parsley



Greek-Style Yoghurt



Salmon



Flaked Almonds



Beef Rump

Prep in: 15-25 mins
Ready in: 20-30 mins

Calorie Smart

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

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

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
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	¾ cup	1½ cups
vegetable stock pot	1 packet (20g)	2 packets (40g)
couscous	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
tomato/kumato	1	2
lime	½	1
parsley	1 bag	1 bag
Greek-style yoghurt	1 medium packet	2 medium packets
salmon	1 small packet	2 small packets OR 1 large packet
flaked almonds	1 medium packet	1 large packet
beef rump**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2704kJ (646Cal)	693kJ (166Cal)
Protein (g)	39.4g	10.1g
Fat, total (g)	34.3g	8.8g
- saturated (g)	10.5g	2.7g
Carbohydrate (g)	42.4g	10.9g
- sugars (g)	6.4g	1.6g
Sodium (mg)	576mg	148mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2122kJ (507Cal)	530kJ (127Cal)
Protein (g)	41.4g	10.3g
Fat, total (g)	18.2g	4.5g
- saturated (g)	8.4g	2.1g
Carbohydrate (g)	41.2g	10.3g
- sugars (g)	6.4g	1.6g
Sodium (mg)	594mg	148mg

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



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 pot** 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 through **baby spinach leaves**, until wilted and combined.

3



Cook the salmon

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Pat **salmon** dry with 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.

2



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**.

4



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!

Rate your recipe

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