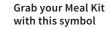


# Moroccan Honey-Glazed Salmon with Carrot Couscous, Garlic Yoghurt & Salad

CLIMATE SUPERSTAR















Vegetable Stock









Salmon

Hanout



Mixed Salad Leaves





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

Eat Me First

**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

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		
carrot	1	2		
butter*	20g	40g		
couscous	1 medium packet	1 large packet		
boiling water*	¾ cup	1½ cups		
vegetable stock pot	1 packet (20g)	2 packets (40g)		
tomato	1	2		
garlic	2 cloves	4 cloves		
Greek-style yoghurt	1 medium packet	1 large packet		
salmon	1 small packet	2 small packets OR 1 large packet		
ras el hanout	1 medium sachet	1 large sachet		
salt*	1/4 tsp	½ tsp		
honey*	2 tbs	1/4 cup		
mixed salad leaves	1 small bag	1 medium bag		
white wine vinegar*	drizzle	drizzle		
salmon**	1 small packet	2 small packets OR 1 large packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2999kJ (717Cal)	784kJ (187Cal)
Protein (g)	37.7g	9.9g
Fat, total (g)	36.7g	9.6g
- saturated (g)	11.1g	2.9g
Carbohydrate (g)	57.5g	15g
- sugars (g)	21.3g	5.6g
Sodium (mg)	927mg	242mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4256kJ (1017Cal)	<b>814kJ</b> (195Cal)
Protein (g)	66.3g	12.7g
Fat, total (g)	57g	10.9g
- saturated (g)	14.7g	2.8g
Carbohydrate (g)	58.6g	11.2g
- sugars (g)	21.3g	4.1g
Sodium (mg)	984mg	188mg

The quantities provided above are averages only.

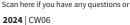
### Allergens

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

- Boil the kettle. Grate carrot.
- In a medium saucepan, heat the **butter** with a drizzle of **olive oil** over medium-high heat. Cook carrot, stirring, until softened, 2-3 minutes.
- Add couscous, the boiling water (3/4 cup for 2 people / 11/2 cups for 4 people) and vegetable stock pot. Stir to combine, cover with a lid and remove
- Leave for 5 minutes. Fluff up with a fork. Cover to keep warm.



# Cook the salmon & make the salad

- Pat salmon dry with paper towel. In a medium bowl, combine ras el hanout, the **salt** and a drizzle of **olive oil**. Add **salmon**, gently turning to coat.
- Return frying pan to medium-high heat with a drizzle of olive oil. 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 **honey**, gently turning **salmon** to coat. Transfer to a plate to rest.
- · While the salmon is cooking, combine tomato, mixed salad leaves and a drizzle of olive oil and the white wine vinegar in a second medium bowl. Season to taste.

Custom Recipe: If you've doubled your salmon, cook salmon in batches for the best results. Return all cooked salmon to pan before adding the honey.



# Make the garlic yoghurt

- Meanwhile, roughly chop tomato.
- Finely chop garlic.
- 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.
- Add Greek-style yoghurt to garlic oil mixture, stirring to combine. Season to taste, then set aside.



# Serve up

- Divide carrot couscous and salad between plates. Top with Moroccan honey-glazed salmon.
- Serve with a dollop of garlic yoghurt. Enjoy!

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