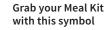


Moroccan Honey-Glazed Salmon with Carrot Couscous, Garlic Yoghurt & Salad

CLIMATE SUPERSTAR













Vegetable Stock Powder

















Salmon



Mixed Salad Leaves





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

Eat Me First

best Moroccan-inspired spices (think coriander, paprika, cumin, cinnamon, and then some), it really elevates tonight's salmon dinner.



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 powder	1 medium sachet	1 large sachet	
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	⅓ cup	
mixed salad leaves	1 small packet	1 medium packet	
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)	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 Recine		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4256kJ (1017Cal)	814kJ (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 (% cup for 2 people / 1½ cups for 4 people) and vegetable stock powder. 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!