



Seared Salmon & Lemon Pepper Couscous

with Walnut Salad & Dijon Yoghurt

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Lemon Pepper Seasoning



Couscous



Tomato



Dijon Mustard



Greek-Style Yoghurt



Salmon



Mixed Salad Leaves



Walnuts



Salmon

Prep in: 10-20 mins
Ready in: 25-35 mins

Eat Me First

The addition of lemon pepper seasoning to a fluffy light couscous makes this the perfect side for a rich and robust piece of salmon. Add a dollop of Dijon yoghurt for creaminess and tang and serve with a sweet and peppery salad.

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

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic), Honey

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
water*	¾ cup	1½ cups
lemon pepper seasoning	1 sachet	2 sachets
couscous	1 medium packet	1 large packet
tomato	1	2
Dijon mustard	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
salmon	1 medium packet	2 medium packets OR 1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
honey*	½ tsp	1 tsp
mixed salad leaves	1 medium packet	1 large packet
walnuts	1 medium packet	1 large packet
salmon**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2784kJ (665Cal)	827kJ (198Cal)
Protein (g)	39.4g	11.7g
Fat, total (g)	36.2g	10.7g
- saturated (g)	6.1g	1.8g
Carbohydrate (g)	43.6g	12.9g
- sugars (g)	8.2g	2.4g
Sodium (mg)	557mg	165mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4041kJ (966Cal)	848kJ (203Cal)
Protein (g)	68g	14.3g
Fat, total (g)	56.5g	11.8g
- saturated (g)	9.7g	2g
Carbohydrate (g)	44.8g	9.4g
- sugars (g)	8.2g	1.7g
Sodium (mg)	614mg	129mg

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

- In a medium saucepan, combine the **water**, **lemon pepper seasoning** and a pinch of **salt** and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with a fork.

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 (this helps the salmon crisp up in the pan!), then season both sides.
- Cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness).
- Meanwhile, combine the **vinegar**, **honey** and a good drizzle of **olive oil** in a medium bowl. Season to taste. Add **mixed salad leaves**, **tomato** and **walnuts**. Toss to coat.

Custom Recipe: If you've doubled your salmon, prepare salmon as above. Cook salmon in batches for best results.

2



Get prepped

- While the couscous is cooking, roughly chop **tomato**. Set aside.
- In a small bowl, combine **Dijon mustard** and **Greek-style yoghurt**. Season with **salt** and **pepper** to taste.

TIP: *Dijon mustard is quite strong in flavour, feel free to use less!*

4



Serve up

- Divide lemon pepper couscous between plates. Top with seared salmon.
- Drizzle Dijon yoghurt over salmon.
- Serve with walnut salad. Enjoy!

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