



Quick Moroccan Seared Salmon & Hummus Dressing with Couscous-Spinach Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Couscous



Chicken-Style Stock Powder



Cucumber



Tomato



Hummus



Golden Goddess Dressing



Salmon



Chermoula Spice Blend



Baby Spinach Leaves



Chicken Breast

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

Calorie Smart

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
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
cucumber	1	2
tomato	1	2
hummus	1 medium packet	1 large packet
golden goddess dressing	1 packet	2 packets
salmon	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
baby spinach leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2668kJ (638Cal)	706kJ (169Cal)
Protein (g)	38.1g	10.1g
Fat, total (g)	32.9g	8.7g
- saturated (g)	4.7g	1.2g
Carbohydrate (g)	45.2g	12g
- sugars (g)	6.1g	1.6g
Sodium (mg)	1352mg	358mg
Dietary Fibre (g)	5.7g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2124kJ (508Cal)	527kJ (126Cal)
Protein (g)	46g	11.4g
Fat, total (g)	15g	3.7g
- saturated (g)	1.9g	0.5g
Carbohydrate (g)	44.2g	11g
- sugars (g)	6.1g	1.5g
Sodium (mg)	1366mg	339mg
Dietary Fibre	5.9g	1.5g

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 heatproof bowl, add **couscous** and **chicken-style stock powder**.
- Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine. Immediately cover with 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: *Patting the skin dry helps it crisp up in the pan!*

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

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks, until browned and cooked through (when no longer pink inside), 3-6 minutes each side.

2

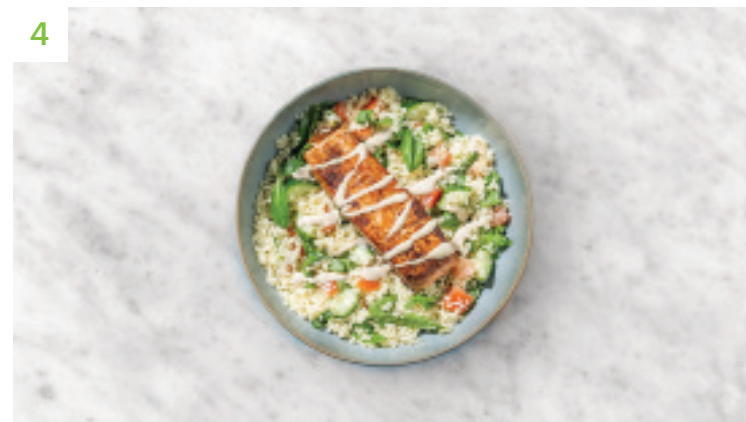


Get prepped

- 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.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Coat chicken as above.

4



Bring it all together & serve up

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

Custom Recipe: Top couscous-spinach salad with Moroccan chicken as above.

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