



Easy Seared Salmon & Spinach Couscous

with Lime Yoghurt & Tomato Salsa

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Vegetable Stock Powder



Couscous



Baby Spinach Leaves



Tomato



Lime



Parsley



Greek-Style Yoghurt



Salmon



Chicken Breast

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

Couscous speckled with baby spinach 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 herby tomato salsa for freshness. This meal is a star performer!

Eat Me First

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 powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
tomato	1	2
lime	½	1
parsley	1 packet	1 packet
Greek-style yoghurt	1 medium packet	2 medium packets
salmon	1 medium packet	2 medium packets OR 1 large packet
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)	2763kJ (660Cal)	708kJ (169Cal)
Protein (g)	38.3g	9.8g
Fat, total (g)	36.6g	9.4g
- saturated (g)	11g	2.8g
Carbohydrate (g)	41.9g	10.7g
- sugars (g)	6.3g	1.6g
Sodium (mg)	575mg	147mg
Dietary Fibre (g)	6.5g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2222kJ (531Cal)	535kJ (128Cal)
Protein (g)	46.4g	11.2g
Fat, total (g)	18.8g	4.5g
- saturated (g)	8.2g	2g
Carbohydrate (g)	40.9g	9.9g
- sugars (g)	6.2g	1.5g
Sodium (mg)	588mg	142mg
Dietary Fibre	6.7g	1.6g

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 powder** 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 a fork. Stir though **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 a 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: Heat pan as above. Cook chicken steaks until browned and cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded).

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**.

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.

4



Serve up

- Divide spinach couscous between bowls.
- Top with seared salmon and herby tomato salsa.
- Dollop over some lime yoghurt to serve. Enjoy!

Custom Recipe: Top spinach couscous with seared chicken and herby tomato salsa as above.

Rate your recipe

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