

Easy Seared Salmon & Spinach Couscous with Lime Yoghurt & Tomato Salsa

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Salmon





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

Eat Me First

citrussy yoghurt, then add a herby tomato salsa for freshness. This meal is a star performer!

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

| ingi calcino | | | | |
|---------------------------|-----------------|---------------------------------------|--|--|
| | 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 | 1/2 | 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 |

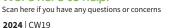
The quantities provided above are averages only.

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!





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.



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).



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.



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.