



# Honey-Glazed Salmon & Moroccan Couscous

with Carrot-Beetroot Toss & Mint

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Beetroot



Brown Onion



Mint



Lemon



Greek-Style Yoghurt



Ras El Hanout



Vegetable Stock Powder



Couscous



Salmon



Salmon

Prep in: 20-30 mins  
Ready in: 25-35 mins

Eat Me Early

There's a lot to love in this bountiful bowl, from the spiced couscous and roasted veggies to the succulent salmon coated in honey and mint. It's a stunning combination that's easy to pull together too – win-win!

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

### Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	2	4
beetroot	1	2
brown onion	1	2
mint	1 packet	1 packet
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
<b>honey*</b>	1½ tbs	¼ cup
<b>warm water*</b>	2 tbs	¼ cup
ras el hanout	½ medium sachet	1 medium sachet
<b>water* (for the couscous)</b>	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium sachet	1 large sachet
salmon	1 medium packet	2 medium packets OR 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)	2980kJ (712Cal)	524kJ (125Cal)
Protein (g)	40.2g	7.1g
Fat, total (g)	28.2g	5g
- saturated (g)	5.6g	1g
Carbohydrate (g)	73.2g	12.9g
- sugars (g)	37.3g	6.6g
Sodium (mg)	675mg	119mg
Dietary Fibre (g)	13.6g	2.4g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4236kJ (1012Cal)	598kJ (143Cal)
Protein (g)	68.7g	9.7g
Fat, total (g)	48.5g	6.8g
- saturated (g)	9.2g	1.3g
Carbohydrate (g)	74.3g	10.5g
- sugars (g)	37.4g	5.3g
Sodium (mg)	732mg	103mg
Dietary Fibre	13.6g	1.9g

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](https://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



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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** into bite-sized chunks.
- Cut **beetroot** into small chunks.
- Cut **brown onion** into thick wedges.
- Transfer **veggies** to a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

**TIP:** Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when you can easily pierce it with a fork.

4



## Cook the couscous

- Heat a medium saucepan over medium-high heat with a drizzle of **olive oil**. Add **ras el hanout (see ingredients)** and **lemon zest** and cook until fragrant, **1 minute**. Add the **water (for the couscous)** and **vegetable stock powder**. Stir 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.

2



## Get prepped

- While the veggies are roasting, pick and roughly chop **mint** leaves.
- Zest **lemon** to get a pinch, then slice into wedges.
- In a small bowl, combine **Greek-style yoghurt** and a generous squeeze of **lemon juice**. Season to taste.

5



## Cook the salmon

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Pat **salmon** dry with paper towel and season both sides.
- Cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side. Turn **salmon** skin-side down again and spoon over the **honey** and **mint glaze** until completely coated. Remove from the heat.

**TIP:** Patting the skin dry helps it crisp up in the pan!

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

3



## Make the glaze

- In a medium bowl, combine the **honey**, **warm water** and half the **mint**. Season.

6



## Serve up

- Divide the spiced couscous and roasted veggies between bowls.
- Top with the honey-mint salmon and spoon over any remaining glaze from the pan.
- Garnish with remaining mint and serve with lemon yoghurt. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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