



Moroccan Seared Salmon & Hummus Dressing

with Quinoa-Spinach Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Quinoa & Millet Blend



Chicken-Style Stock Powder



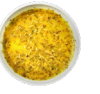
Cucumber



Tomato



Hummus



Golden Goddess Dressing



Salmon



Chermoula Spice Blend



Baby Spinach Leaves



Salmon

Recipe Update

We've replaced the couscous in this recipe with quinoa & millet blend due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: **5-15 mins**
Ready in: **20-30 mins**

Calorie Smart*
**Custom recipe is not Calorie Smart*

Eat Me Early

In this easy 4 stepper, enjoy a bright and light quinoa-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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
quinoa & millet blend	1 medium packet	2 medium packets
boiling water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
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
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)	2668kJ (637Cal)	706kJ (168Cal)
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)	3925kJ (938Cal)	758kJ (181Cal)
Protein (g)	66.6g	12.9g
Fat, total (g)	53.2g	10.3g
- saturated (g)	8.3g	1.6g
Carbohydrate (g)	46.3g	8.9g
- sugars (g)	6.2g	1.2g
Sodium (mg)	1409mg	272mg
Dietary Fibre (g)	5.7g	1.1g

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 quinoa & millet blend

- Boil the kettle. Rinse **quinoa & millet blend** using a sieve.
- Half-fill a medium saucepan with the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people). Add **quinoa & millet blend** and a pinch of **salt**. Cook, uncovered, over high heat until tender, **12-15 minutes**.
- Drain and return to saucepan. Stir through **chicken-style stock powder**. Set aside.

TIP: Rinsing the grain blend helps remove any bitter flavour!

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!

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 doubled your salmon, prepare and cook salmon in the same way.

4



Bring it all together & serve up

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

Rate your recipe

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