



Honey-Glazed Salmon & Moroccan Quinoa

with Carrot-Beetroot Toss & Mint

CLIMATE SUPERSTAR

AIR FRYER FRIENDLY

Grab your meal kit with this number

6



Carrot



Beetroot



Brown Onion



Mint



Lemon



Greek-Style Yoghurt



Quinoa & Millet Blend



Ras El Hanout



Vegetable Stock Powder



Salmon



Salmon



Chicken Breast

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 quinoa tossed with 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!

Pantry items

Olive Oil, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Air fryer or medium frying pan

Ingredients

	2 People	4 People
olive oil*	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
honey*	1½ tbs	¼ cup
warm water*	2 tbs	¼ cup
quinoa & millet blend	1 medium packet	2 medium packets
ras el hanout	½ medium sachet	1 medium sachet
vegetable stock powder	1 medium sachet	1 large sachet
salmon	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items

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

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.

1



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 quinoa

- Half-fill a medium saucepan with the boiling water. Add **ras el hanout** (see ingredients) and **lemon zest** and cook until fragrant, **1 minute**.
- Add **quinoa & millet blend**, **vegetable stock powder** and a pinch of **salt**. Cook, uncovered, over high heat until tender, **12-15 minutes**.
- Drain and return to saucepan.

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

- Set air fryer to **200°C**. Pat **salmon** dry with paper towel, then season both sides. Place **salmon** skin-side up, into the air fryer basket and cook until just cooked through, **10-12 minutes**.
- Remove from air-fryer and spoon over the **honey** and **mint glaze**.

TIP: No air fryer? Heat a medium frying pan with a drizzle of olive oil over medium-high heat. Cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side. Turn salmon and spoon over the glaze until coated. Remove from heat.

3



Make the glaze

- Boil the kettle.
- In a medium bowl, combine the **honey**, **warm water** and half the **mint**. Season.
- Rinse **quinoa & millet blend** using a sieve.

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

6



Serve up

- Divide Moroccan quinoa and roasted veggies between bowls.
- Top with honey-glazed salmon and spoon over any remaining glaze.
- Garnish with remaining mint and serve with lemon yoghurt. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW26



CUSTOM OPTIONS



DOUBLE SALMON

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

