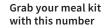


Honey-Glazed Salmon & Moroccan Quinoa with Carrot-Beetroot Toss & Mint

CLIMATE SUPERSTAR

AIR FRYER FRIENDLY















Brown Onion







Lemon





Quinoa & Millet





Vegetable Stock Powder

Salmon









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 | 1/2 | 1 |
| Greek-style yoghurt | 1 medium packet | 1 large packet |
| honey* | 1½ tbs | 1/4 cup |
| warm water* | 2 tbs | 1/4 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.



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.



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.



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!



Cook the gunioa

- · 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.



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.



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!







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.

