



# Moroccan Honey-Glazed Salmon

with Carrot Couscous, Garlic Yoghurt & Salad

CLIMATE SUPERSTAR

Grab your meal kit with this number

6



Carrot



Vegetable Stock Powder



Couscous



Pear



Garlic



Greek-Style Yoghurt



Salmon



Ras El Hanout



Spinach & Rocket Mix



Salmon



Chicken Breast

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

Eat Me Early

There's no need to seek out and measure a bunch of spices when you have our ras el hanout spice blend handy; brimming with the best Moroccan-inspired spices (think coriander, paprika, cumin, cinnamon, and then some), it really elevates tonight's salmon dinner.

### Pantry items

Olive Oil, Butter, Honey, White Wine Vinegar



## 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
<b>butter*</b>	20g	40g
<b>water*</b>	¾ cup	1 ½ cup
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
pear	1	2
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
salmon	1 medium packet	2 medium packets OR 1 large packet
ras el hanout	1 medium sachet	1 large sachet
<b>salt*</b>	¼ tsp	½ tsp
<b>honey*</b>	2 tbs	¼ cup
spinach & rocket mix	1 small packet	1 medium packet
<b>white wine vinegar*</b>	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3111kJ (744Cal)	813kJ (194Cal)
Protein (g)	38.2g	10g
Fat, total (g)	36.7g	9.6g
- saturated (g)	11.1g	2.9g
Carbohydrate (g)	62.4g	16.3g
- sugars (g)	26g	6.8g
Sodium (mg)	924mg	241mg
Dietary Fibre (g)	6.7g	1.8g

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

2024 | CW27



## Cook the carrot couscous

- Grate **carrot**. In a medium saucepan, heat the **butter** with a drizzle of **olive oil** over medium-high heat.
- Cook **carrot**, stirring, until softened, **2-3 minutes**. 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.
- Leave for **5 minutes**. Fluff up with a fork. Cover to keep warm.



## Cook the salmon & make the salad

- Pat **salmon** dry with paper towel. In a medium bowl, combine **ras el hanout**, the **salt** and a drizzle of **olive oil**. Add **salmon**, gently turning to coat.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness). In the **last minute**, add the **honey**, gently turning **salmon** to coat. Transfer to a plate to rest.
- While the **salmon** is cooking, combine **pear**, **spinach & rocket leaves**, and a drizzle of **olive oil** and the **white wine vinegar** in a second medium bowl. Season to taste.



## Make the garlic yoghurt

- Meanwhile, thinly slice **pear** into wedges.
- Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** and **garlic** over medium-high heat. Cook until fragrant, **1 minute**. Transfer to a small heatproof bowl.
- Add **Greek-style yoghurt** to **garlic oil mixture**, stirring to combine. Season to taste, then set aside.



## Serve up

- Divide carrot couscous and salad between plates.
- Top with Moroccan honey-glazed salmon.
- Serve with garlic yoghurt. Enjoy!

## CUSTOM OPTIONS



### DOUBLE SALMON

Follow method above, cooking in batches if necessary.



### SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

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

