



# Honey-Glazed Salmon & Moroccan Quinoa

with Carrot-Beetroot Toss & Mint

CLIMATE SUPERSTAR

Grab your meal kit with this number

6



Carrot



Beetroot



Brown Onion



Mint



Lemon



Greek-Style Yoghurt



Quinoa & Millet Blend



Ras El Hanout



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 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!

### 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 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>water*</b> (for the glaze)	2 tbs	¼ cup
quinoa & millet blend	1 medium packet	2 medium packets
<b>boiling water*</b> (for the quinoa)	1 cup	2 cups
ras el hanout	½ medium sachet	1 medium sachet
<b>salt*</b>	¼ tsp	½ tsp
salmon	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2950kJ (705Cal)	523kJ (125Cal)
Protein (g)	40.8g	7.2g
Fat, total (g)	29.9g	5.3g
- saturated (g)	5.7g	1g
Carbohydrate (g)	67.3g	11.9g
- sugars (g)	36.6g	6.5g
Sodium (mg)	675mg	120mg
Dietary Fibre (g)	10.9g	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

2024 | CW30



## 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

- Fill a medium saucepan with the **boiling water (for the quinoa)**. Add **ras el hanout (see ingredients)** and **lemon zest** and cook until fragrant, **1 minute**.
- Add **quinoa & millet blend** and the **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

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Pat **salmon** dry with paper towel, then 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.



## 3 Make the glaze

- In a medium bowl, combine the **honey**, **water (for the glaze)** and half the **mint**. Season.
- Meanwhile, boil the kettle. Rinse **quinoa & millet blend** using a sieve.

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



## 6 Serve up

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

### 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.

