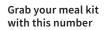


Honey-Glazed Salmon & Moroccan Quinoa with Carrot-Beetroot Toss & Mint

CLIMATE SUPERSTAR













Brown Onion









Quinoa & Millet Blend



Ras El Hanout



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 \cdot Medium saucepan with a lid \cdot Large 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
water* (for the glaze)	2 tbs	1/4 cup
quinoa & millet blend	1 medium packet	2 medium packets
boiling water* (for the quinoa)	1 cup	2 cups
ras el hanout	½ medium sachet	1 medium sachet
salt*	1/4 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 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

- 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!



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.



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.



Serve up

- Divide Moroccan guinoa 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!







Follow method above, cooking in batches if necessary.



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.

