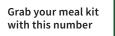


# Moroccan Honey-Glazed Salmon with Carrot Couscous, Garlic Yoghurt & Salad

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR















Carrot







Greek-Style Yoghurt

Spinach & Rocket









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



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

Air fryer · Medium saucepan with a lid · Large frying pan

# Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
salmon	1 medium packet	2 medium packets OR 1 large packet	
ras el hanout	1 medium sachet	2 medium sachets	
salt* (for the salmon)	1/4 tsp	½ tsp	
honey*	2 tbs	1/4 cup	
carrot	1	2	
butter*	20g	40g	
salt* (for the couscous)	1/4 tsp	½ tsp	
water*	¾ cup	1½ cup	
couscous	1 medium packet	1 large packet	
apple	1	2	
garlic	2 cloves	4 cloves	
Greek-style yoghurt	1 medium packet	1 large packet	
spinach & rocket mix	½ medium packet	1 medium packet	
white wine vinegar*	drizzle	drizzle	
mint	1 packet	1 packet	
* D			

#### \*Pantry Items

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3119kJ (745Cal)	804kJ (192Cal)
Protein (g)	38.4g	9.9g
Fat, total (g)	36.7g	9.5g
- saturated (g)	11.1g	2.9g
Carbohydrate (g)	62.6g	16.1g
- sugars (g)	26g	6.7g
Sodium (mg)	925mg	239mg
Dietary Fibre (g)	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### Cook the salmon

- Set air fryer to 200°C. Pat salmon dry with a paper towel.
- In a medium bowl, combine ras el hanout, the salt (for the salmon) and a drizzle of olive oil. Add salmon, gently turning to coat.
- Place **salmon** skin-side up into the air fryer basket and cook until just cooked through, 10-12 minutes.
- In the last 2 minutes of cook time, drizzle honey over salmon and cook until golden.

TIP: No air fryer? Heat a frying pan with a drizzle of olive oil over mediumhigh heat. 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.



# Make the garlic yoghurt

- · Meanwhile, thinly slice apple 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.



#### Make the couscous

- · Meanwhile, 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 the salt (for the couscous) 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.



# Serve up

- Combine apple, spinach & rocket mix (see ingredients) and a drizzle of olive oil and white wine vinegar in a second medium bowl. Season to taste.
- Divide carrot couscous and salad between plates.
- Top with Moroccan honey-glazed salmon.
- Serve with garlic yoghurt. Tear over mint. Enjoy!



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.

