



Moroccan Honey-Glazed Salmon

with Carrot Couscous, Garlic Yoghurt & Salad

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

6



Salmon



Ras El Hanout



Carrot



Couscous



Apple



Garlic



Greek-Style Yoghurt



Spinach & Rocket Mix



Mint



Chicken Breast



Salmon

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

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

Ingredients

	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)	¼ tsp	½ tsp
honey*	2 tbs	¼ cup
carrot	1	2
butter*	20g	40g
salt* (for the couscous)	¼ 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

*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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



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 medium-high 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!

CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

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



DOUBLE SALMON

Follow method above, cooking in batches if necessary.

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

