



# Quick Moroccan Salmon & Garlic Yoghurt

with Gourmet Garden Parsley & Carrot Wholemeal Couscous

CLIMATE SUPERSTAR

AIR FRYER FRIENDLY

Grab your meal kit with this number

6



Salmon



Chermoula Spice Blend



Carrot



Wholemeal Couscous



Lightly Dried Parsley



Apple



Garlic



Greek-Style Yoghurt



Spinach & Rocket Mix



Salmon



Chicken Breast

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

Protein rich

Eat Me Early

Gourmet Garden's Aussie grown parsley is lightly dried for a fresher flavour and lasts four weeks once opened. This superstar ingredient is stirred through tonight's carrot couscous and partners perfectly with the Moroccan salmon.

### Pantry items

Olive Oil, Honey, Butter, 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 or large frying pan · Medium saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
salmon	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
<b>honey*</b>	2 tbs	¼ cup
carrot	1	2
<b>butter*</b>	20g	40g
<b>water*</b>	¾ cup	1½ cup
<b>salt*</b>	¼ tsp	½ tsp
wholemeal couscous	1 medium packet	2 medium packets
lightly dried parsley	½ packet	1 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
<b>white wine vinegar*</b>	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3095kJ (740cal)	392kJ (94cal)
Protein (g)	38.2g	4.8g
Fat, total (g)	36.2g	4.6g
- saturated (g)	11g	1.4g
Carbohydrate (g)	62.7g	7.9g
- sugars (g)	25.8g	3.3g
Sodium (mg)	927mg	117.3mg
Dietary Fibre (g)	6.9g	0.9g

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://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the salmon

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

**TIP:** No air fryer? Heat a large frying pan over 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.

3



## 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 with **salt** and **pepper**, then set aside.

2



## 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 **salt**, and bring to the boil.
- Add **wholemeal couscous**, stirring to combine. Cover with a lid and remove from heat.
- Leave for **6 minutes**. Fluff up with a fork and stir through **Gourmet Garden lightly dried parsley** (see ingredients). Cover to keep warm.

4



## 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 wholemeal couscous between bowls.
- Top with Moroccan salmon and salad.
- Serve with a dollop of garlic yoghurt. Enjoy!

In collaboration with



Grown on farms across Australia, this lightly dried parsley adds extra flavour and depth to every meal.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW38



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.

