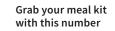


Quick Moroccan Salmon & Garlic Yoghurt with Gourmet Garden Parsley & Carrot Wholemeal Couscous

CLIMATE SUPERSTAR

AIR FRYER FRIENDLY









Salmon

Chermoula Spice Blend





Carrot

Wholemeal Couscous





Lightly Dried Parsley





Greek-Style Yoghurt



Spinach & Rocket





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

Eat Me Early





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

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	2 People	4 People	
olive oil*	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	
honey*	2 tbs	1/4 cup	
carrot	1	2	
butter*	20g	40g	
water*	¾ cup	1½ cup	
salt*	1/4 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	
white wine vinegar*	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.

Alleraens

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.



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

We're here to help!

Scan here if you have any questions or concerns





- 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.



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.



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
- Leave for 6 minutes. Fluff up with a fork and stir through Gourmet Garden lightly dried parsley (see ingredients). 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 wholemeal couscous between bowls.
- Top with Moroccan salmon and salad.
- Serve with a dollop of garlic yoghurt. Enjoy!



Cut chicken horizontally into steaks. Follow method

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







