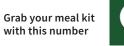


# **Baked Salmon & Pearl Couscous**

with Veggies & Garlic-Chilli Yoghurt

MEDITERRANEAN

CLIMATE SUPERSTAR













Silverbeet





**Pearl Couscous** 

Mediterranean Seasoning





Salmon

Chilli Flakes (Optional)







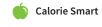






Prep in: 20-30 mins Ready in: 35-45 mins

Eat Me Early



**Protein Rich** 

Some prefer salmon oven-roasted and others like it pan-fried, but either way, you've got a winner dinner when salmon is involved. Pair tonight's baked salmon with Mediterranean couscous, roast veg and some garlic-chilli yoghurt on the side. **Pantry items** 

Olive Oil

## 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

Two oven trays lined with baking paper · Large saucepan · Large frying pan

## **Ingredients**

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
silverbeet	1 medium packet	2 medium packets
garlic	1 clove	2 cloves
pearl couscous	1 packet	2 packets
Mediterranean seasoning	1 sachet	2 sachets
water*	1 ¾ cups	3 ½ cups
salmon	1 medium packet	2 medium packets OR 1 large packet
chilli flakes 🥖 (optional)	pinch	pinch
Greek-style yoghurt	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2634kJ (630cal)	277kJ (66cal)
Protein (g)	43.5g	4.6g
Fat, total (g)	23g	2.4g
- saturated (g)	4.8g	0.5g
Carbohydrate (g)	59.6g	6.3g
- sugars (g)	9.7g	1g
Sodium (mg)	997mg	104.9mg
Dietary Fibre (g)	7.1g	0.7g

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 220°C/200°C fan-forced.
- · Cut carrot and zucchini into bite-sized chunks.
- Roughly chop silverbeet.
- Finely chop garlic.
- Place carrot and zucchini on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- · Roast until tender, 25-30 minutes.



# Cook the pearl couscous

- Meanwhile, in a large saucepan, heat a drizzle of olive oil over medium-high heat.
- Toast pearl couscous and Mediterranean **seasoning**, stirring occasionally, until golden and fragrant, 1-2 minutes.
- Stir in the water, then add a pinch of salt.
- Bring to the boil, then cook, uncovered on medium-high heat, stirring occasionally until tender and water is absorbed, 10-12 minutes.



#### Bake the salmon

- When veggies have 10 minutes remaining, place **salmon** on a second lined oven tray and season both sides.
- Lightly coat or spray with **olive oil**. Bake until salmon is just cooked through, 8-12 minutes.

**TIP:** Patting the skin dry helps it crisp up in the pan!



## Make the garlic-chilli yoghurt

- · While salmon is baking, in a small heatproof bowl, combine garlic, chilli flakes (if using) and a drizzle of **olive oil**.
- Microwave in 30 second bursts, until fragrant. Add Greek-style yoghurt, stirring to combine. Season to taste.



## Bring it altogether

· Once roast veggies are done, transfer to saucepan with pearl couscous. Add silverbeet, gently toss to combine.



## Serve up

- Divide veggies and pearl couscous between serving bowls.
- Top with baked salmon and garlic-chilli yoghurt to serve. Enjoy!

