

# Honey-Glazed Salmon & Moroccan Couscous with Carrot & Beetroot Toss

AIR FRYER FRIENDLY

Grab your meal kit with this number

















Yoghurt



Chermoula Spice



Couscous

Blend



Salmon





Recipe Update We've replaced the baby capsicum in this recipe with tomato due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins Ready in: 25-35 mins





## 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

Oven tray lined with baking paper  $\cdot$  Medium saucepan with a lid  $\cdot$  Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	2	4
beetroot	1	2
tomato	1	2
mint	1 packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet
honey*	1½ tbs	1/4 cup
water* (for the glaze)	2 tbs	1/4 cup
water* (for the couscous)	3/4 cup	1½ cups
chermoula spice blend	½ medium sachet	1 medium sachet
couscous	½ large packet	1 large packet
salmon	1 medium packet	2 medium packets OR 1 large packet

#### \*Pantry Items

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2936kJ (702cal)	274kJ (66cal)
Protein (g)	40.9g	3.8g
Fat, total (g)	29.4g	2.7g
- saturated (g)	5.6g	0.5g
Carbohydrate (g)	67.6g	6.3g
- sugars (g)	36.6g	3.4g
Sodium (mg)	672mg	62.8mg
Dietary Fibre (g)	11g	1g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

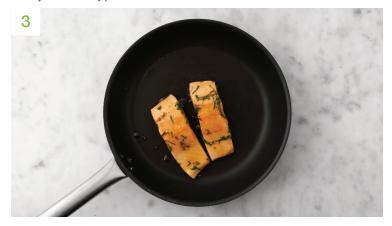
Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut carrot and beetroot into bite-sized chunks. Roughly chop tomato.
- Transfer veggies to a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to coat. Roast until tender, 20-25 minutes.
- While the veggies are roasting, pick and roughly chop **mint** leaves.
- To a small bowl, add Greek-style yoghurt and fetta cubes and mash to combine. Season to taste with salt and pepper.

**TIP:** Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when you can easily pierce it with a fork.



## Cook the salmon

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Pat **salmon** dry with a paper towel, then season both sides.
- Cook salmon, skin-side down first, until just cooked through, 2-4 minutes
  each side. Turn salmon skin-side down again and spoon over the honey and
  mint glaze until completely coated. Remove from the heat.



#### Cook the couscous

- In a medium bowl, combine the honey, water (for the glaze) and half the mint. Season to taste.
- In a medium saucepan, add the water (for the couscous) and bring to the boil. Add chermoula spice blend (see ingredients) and cook until fragrant, 1 minute.
- Add couscous (see ingredients) and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with fork.



# Serve up

- Divide Moroccan couscous and roasted veggies between bowls.
- Top with honey-glazed salmon and spoon over any remaining glaze from the pan.
- Garnish with remaining mint and serve with fetta yoghurt. Enjoy!





Follow method above, cooking in batches if necessary.



Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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

