



Easy Moroccan Salmon & Garlic Yoghurt with Carrot Couscous

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit
with this number

6



Salmon



Chermoula Spice Blend



Carrot



Vegetable Stock Powder



Couscous



Pear



Garlic



Greek-Style Yoghurt



Spinach & Rocket Mix



Salmon



Chicken Breast

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 chermoula spice blend handy; brimming with the best Moroccan-inspired spices. Cut through the richness with a fresh pear salad and that's your weeknight dinner sorted!

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
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	¼ cup
carrot	1	2
butter*	20g	40g
water*	¾ cup	1½ cup
vegetable stock powder	1 medium sachet	2 medium sachets
couscous	1 medium packet	1 large packet
pear	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)	3141kJ (751cal)	394kJ (94cal)
Protein (g)	38.5g	4.8g
Fat, total (g)	36.4g	4.6g
- saturated (g)	11g	1.4g
Carbohydrate (g)	64.5g	8.1g
- sugars (g)	26.6g	3.3g
Sodium (mg)	1276mg	160.1mg
Dietary Fibre (g)	7.1g	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 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 a 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 **pear** 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 **vegetable stock powder**, then bring to the boil.
- Add **couscous**, stir to combine. Cover with a lid and remove from heat.
- Leave for **5 minutes**, then fluff up with a fork. Cover to keep warm.

4



Serve up

- Combine pear, **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 bowls.
- Top with Moroccan salmon.
- Serve with garlic yoghurt. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



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.

