



Baked Salmon & Roast Veggie Couscous

with Garlic Yoghurt

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your meal kit with this number

6



Carrot



Zucchini



Silverbeet



Garlic



Salmon



Tomato & Herb Seasoning



Couscous



Greek-Style Yoghurt



Salmon



Chicken Tenderloins

Recipe Update

We've replaced the pearl couscous in this recipe with couscous due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

Calorie Smart

Protein Rich

Eat Me Early

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 yoghurt.

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
salmon	1 medium packet	2 medium packets OR 1 large packet
tomato & herb seasoning	1 sachet	2 sachets
water*	¾ cups	1½ cups
couscous	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2628kJ (565cal)	565kJ (122cal)
Protein (g)	43.5g	9.4g
Fat, total (g)	23g	4.9g
- saturated (g)	4.8g	1g
Carbohydrate (g)	59.5g	12.8g
- sugars (g)	9.6g	2.1g
Sodium (mg)	997mg	214.4mg
Dietary Fibre (g)	7g	1.5g

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



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**.
- In the last **5 minutes**, add **silverbeet** to tray, cook until slightly tender.

4



Make the garlic yoghurt

- In a small heatproof bowl, combine **garlic** and a drizzle of **olive oil**.
- Microwave in **30 second** bursts until fragrant. Add **Greek-style yoghurt**, stirring to combine. Season to taste.

2



Bake the salmon

- When the 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!

5



Bring it altogether

- Once roast veggies are done, remove from oven and transfer to saucepan with couscous.

3



Cook the couscous

- Meanwhile, in a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Add **tomato & herb seasoning**, stirring occasionally, until fragrant, **1-2 minutes**.
- Stir in the **water**, add a pinch of **salt**, then bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until water is absorbed, **5 minutes**. Fluff up with fork.

6



Serve up

- Divide roast veggie and couscous toss between bowls.
- Top with baked salmon and garlic yoghurt to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW49



CUSTOM OPTIONS

+ **DOUBLE SALMON**
Follow method above.

↻ **SWAP TO CHICKEN TENDERLOINS**
Follow method above, baking chicken tenderloins until cooked through, 8-10 minutes.

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

