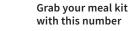


# Baked Salmon & Roast Veggie Couscous

with Garlic Yoghurt

MEDITERRANEAN

CLIMATE SUPERSTAR



6



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

1



Calorie Smart

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  $\cdot$  Large saucepan  $\cdot$  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.



#### 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.



## 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!



## 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** an stir to combine. Cover with a lid and remove from heat.
- Set aside until water is absorbed, **5 minutes.** Fluff up with fork.



#### 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.



## Bring it altogether

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



# 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



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.

