



Speedy Moroccan Salmon & Garlic Yoghurt with Carrot Couscous & Rocket Salad

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

6



Salmon



Chermoula Spice Blend



Carrot



Vegetable Stock Pot



Couscous



Apple/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 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 · Medium saucepan with a lid · Large frying pan

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 cups |
| vegetable stock pot | 1 small packet | 1 medium packet |
| couscous | 1 medium packet | 1 large packet |
| apple/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 (783cal) | 783kJ (195cal) |
| Protein (g) | 38.5g | 9.6g |
| Fat, total (g) | 36.4g | 9.1g |
| - saturated (g) | 11g | 2.7g |
| Carbohydrate (g) | 64.5g | 16.1g |
| - sugars (g) | 26.6g | 6.6g |
| Sodium (mg) | 1276mg | 318.2mg |
| Dietary Fibre (g) | 7.1g | 1.8g |

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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



1



Cook the salmon

- Set air fryer to **200°C**. Pat **salmon** dry with a paper towel.
- In a medium bowl, combine **chermoula seasoning** and a drizzle of **olive oil**. Add **salmon**, gently turning to coat.
- Place **salmon** skin-side up into a foil-lined 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 **apple/pear** into wedges. Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** 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.

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.

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 pot**, then bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid, then remove from heat.
- Leave for **5 minutes**. Fluff up with a fork. Cover to keep warm.

4



Serve up

- In a second medium bowl, combine apple/pear, **spinach & rocket mix** (see ingredients) and a drizzle of olive oil and **white wine vinegar**. Season to taste.
- Divide carrot couscous and rocket salad between bowls.
- Top with Moroccan salmon. Serve with garlic yoghurt. Enjoy!

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

