



# Chermoula Salmon & Garlic Rice

with Roasted Veggies & Yoghurt

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Zucchini



Red Onion



Carrot



Beetroot



Chermoula Spice Blend



Greek-Style Yoghurt



Salmon



Baby Spinach Leaves

Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

Naturally gluten-free  
*Not suitable for Coeliacs*

Eat me first

We know you're going to love this Moroccan-inspired way of enjoying salmon. We've selected this ideal piece of fish to complement our popular chermoula spice blend, and have added garlic rice and roasted veggies for extra deliciousness.

**Pantry items**

Olive Oil, Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
zucchini	1	2
red onion	1	2
carrot	1	2
beetroot	1	2
chermoula spice blend	1 sachet	2 sachets
Greek-style yoghurt	1 packet (100g)	1 packet (200g)
salmon	1 packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3817kJ (912Cal)	536kJ (128Cal)
Protein (g)	42.2g	5.9g
Fat, total (g)	40.8g	5.7g
- saturated (g)	13.1g	1.8g
Carbohydrate (g)	87.2g	12.3g
- sugars (g)	26.5g	3.7g
Sodium (mg)	803mg	113mg

## 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.



### Cook the garlic rice

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



### Cook the salmon

Heat a drizzle of **olive oil** in a medium frying pan over a medium-high heat. When the oil is hot, cook the **salmon**, skin-side down first, and cook until just cooked through, **2-4 minutes** each side (depending on thickness).

**TIP:** Don't worry if your salmon gets a little charred during cooking. It adds to the flavour!



### Roast the veggies

While the rice is cooking, cut the **zucchini** into 1cm half-moons. Cut the **red onion** into 2cm wedges. Cut the **carrot** (unpeeled) and beetroot into 1cm chunks. Place the **veggies** on an oven tray lined with baking paper, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast until tender, **20-25 minutes**.

**TIP:** Cut the veggies to size so they cook in time.

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



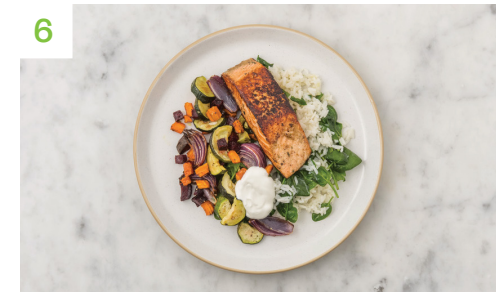
### Finish the rice

When the rice is done, stir the **baby spinach leaves** through the garlic rice.



### Flavour the salmon

In a medium bowl, combine the **chermoula spice blend** and 1/2 the **Greek-style yoghurt**. Season with **salt** and **pepper**. Add the **salmon** and turn to coat. Set aside.



### Serve up

Divide the garlic and spinach rice between plates and top with the roasted veggies, chermoula salmon and the remaining yoghurt.

Enjoy!