



# Moroccan Seared Salmon & Freekeh Salad

with Roast Veggies, Yoghurt & Parsley

EXPLORER

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Freekeh



Vegetable Stock Powder



Sweet Potato



Beetroot



Ras El Hanout



Garlic



Parsley



Salmon



Greek-Style Yoghurt



Chicken Breast

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

Ras el hanout is one of the most diverse spice blends on the market, combining a vibrant and earthy mix of several fantastic spices. Paired with freekeh, an ancient grain hailing from the Middle East, this Moroccan salmon number will be one for the books!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Eat Me First

### Pantry items

Olive Oil, Butter, Honey, White Wine Vinegar

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large saucepan · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
freekeh	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
sweet potato	1	2
beetroot	1	2
ras el hanout	1 medium sachet	1 large sachet
garlic	1 clove	2 cloves
parsley	1 bag	1 bag
salmon	1 small packet	1 large packet
<b>butter*</b>	15g	30g
<b>honey*</b>	½ tbs	1 tbs
<b>white wine vinegar*</b>	1 tsp	2 tsp
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3069kJ (734Cal)	675kJ (161Cal)
Protein (g)	42.4g	9.3g
Fat, total (g)	33.3g	7.3g
- saturated (g)	10g	2.2g
Carbohydrate (g)	50.6g	11.1g
- sugars (g)	24.5g	5.4g
Sodium (mg)	697mg	153mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2474kJ (591Cal)	515kJ (123Cal)
Protein (g)	47g	9.8g
Fat, total (g)	15.4g	3.2g
- saturated (g)	7.2g	1.5g
Carbohydrate (g)	49.7g	10.4g
- sugars (g)	24.5g	5.1g
Sodium (mg)	743mg	155mg

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://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



## Cook the freekeh

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle. Heat a large saucepan over medium-high heat with a drizzle of **olive oil**. Toast **freekeh**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill the saucepan with boiled water. Bring to the boil, then simmer, uncovered, until tender, **30-35 minutes**.
- Drain and rinse **freekeh**, then return to saucepan over medium heat. Add **vegetable stock powder** and cook, stirring to combine. Remove from heat and set aside.

**TIP:** Freekeh is cooked when it has softened but still retains some bite.



## Cook the salmon

- When the freekeh has **5 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over medium-high heat. Cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side.
- In the **last minute**, add the **butter** and **garlic**, gently turning **salmon** to coat.
- Remove pan from heat and add the **honey**, gently turning **salmon** to coat.

**Custom Recipe:** Prepare the pan as above. Cook chicken steaks, until cooked through (when no longer pink inside), 3-6 minutes each side. Continue with step as above.



## Roast the veggies

- Meanwhile, cut **sweet potato** into bite-sized chunks. Cut **beetroot** into small chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil** then sprinkle with **ras el hanout**. Season with **salt** and **pepper**. Toss to coat.
- Roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.



## Make the freekeh salad

- To the saucepan with the **freekeh**, add roasted **veggies**, **parsley** (reserve some for the garnish!), and a drizzle of **white wine vinegar** and **olive oil**. Gently stir to combine. Season to taste.



## Prep the salmon

- Finely chop **garlic**. Roughly chop **parsley**.
- Pat **salmon** dry with paper towel (this helps the skin crisp up in the pan!), then season both sides.

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.



## Serve up

- Divide freekeh salad with roast veggies between plates. Top with seared salmon.
- Top with a dollop of **Greek-style yoghurt**.
- Sprinkle over reserved parsley to serve. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)