

Moroccan Honey-Glazed Salmon

with Carrot Couscous, Garlic Yoghurt & Salad

Grab your Meal Kit with this symbol



Carrot



Couscous



Tomato



Garlic



Ras El Hanout



Mixed Salad Leaves



Parsley



Greek-Style Yoghurt




Salmon

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

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

 Eat Me First

There's no need to seek out and measure a bunch of spices when you have our ras el hanout spice blend handy; brimming with the best Moroccan-inspired spices (think coriander, paprika, cumin, cinnamon, and then some), it really elevates tonight's salmon dinner. Don't forget the fresh parsley garnish, it really makes all the flavours sing!

Pantry items

Olive Oil, Butter, Honey, White Wine Vinegar

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
butter*	20g	40g
couscous	1 medium packet	1 large packet
boiling water*	¾ cup	1 ½ cups
tomato	1	2
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
salmon	1 small packet	1 large packet
ras el hanout	1 medium sachet	1 large sachet
salt*	¼ tsp	½ tsp
honey*	2 tbs	¼ cup
mixed salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
parsley	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3141kJ (751Cal)	748kJ (179Cal)
Protein (g)	38.1g	9.1g
Fat, total (g)	39.8g	9.5g
- saturated (g)	12.2g	2.9g
Carbohydrate (g)	58.4g	13.9g
- sugars (g)	23.3g	5.5g
Sodium (mg)	507mg	121mg

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



Cook the couscous

- Boil the kettle. Grate the **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 **couscous**, the **boiling water** (¾ cup for 2 people / 1 ½ cups for 4 people) and a good pinch of **salt**. Stir to combine, cover with a lid and remove from heat.
- Set aside for **5 minutes**. Fluff up with a fork. Cover to keep warm.

3



Cook the salmon & toss the salad

- Pat **salmon** dry with paper towel.
- In a medium bowl, combine **ras el hanout**, the **salt** and a drizzle of **olive oil**. Add **salmon**, gently turning to coat.
- Return frying pan to 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**, turning **salmon** to coat. Remove from heat.
- Just before serving, combine **tomato**, **mixed salad leaves** and a drizzle of **olive oil** and **white wine vinegar** in a second medium bowl. Season to taste.

2



Get prepped & make the garlic yoghurt

- Meanwhile, roughly chop **tomato**. Set aside.
- Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** and the **garlic** over medium-high heat. Cook until fragrant, **1 minute**. Transfer to a small bowl.
- Add **Greek-style yoghurt** to **garlic oil mixture**, stirring to combine. Season to taste, then set aside.

4



Serve up

- Divide carrot couscous and salad between plates. Top with Moroccan honey-glazed salmon.
- Serve with a dollop of garlic yoghurt and tear over **parsley**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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