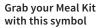
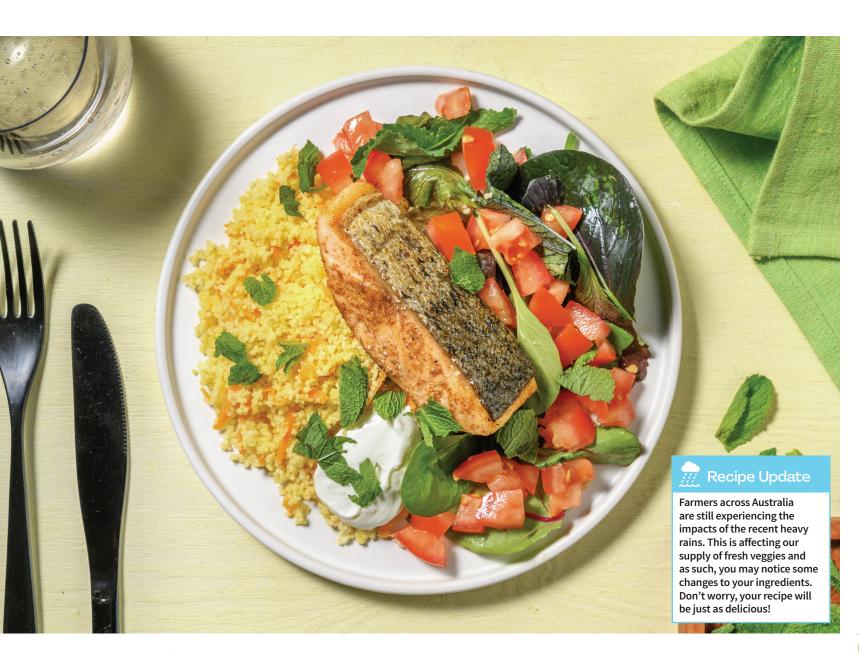
Morrocan Honey-Glazed Salmon

with Carrot Couscous, Garlic Yoghurt & Salad

























Yoghurt



Salmon

Pantry items

Olive Oil, Butter, Honey, White Wine Vinegar

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!

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*	1/4 tsp	½ tsp
honey*	2 tbs	1/4 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.



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 (3/4 cup for 2 people / 1 1/2 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.



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 mediumhigh 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.



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.



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!

