

Seared Salmon & Pearl Couscous Salad

with Roast Veggies, Lemon Yoghurt & Mint



 Hands-on: **25-35 mins**
 Ready in: **35-45 mins**

 Eat Me First

Not just a pretty name, pearl couscous is a treat to eat. The small, slightly chewy balls have a toasty flavour that works beautifully with roasted sweet potato and beetroot. Topped with succulent salmon, this is a gem of a dish!

Pantry items

Olive Oil

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
beetroot	1	2
brown onion	1	2
smoked paprika	1 sachet	2 sachets
pearl couscous	1 medium packet	1 large packet
water*	2 ½ cups	5 cups
vegetable stock powder	1 medium sachet	1 large sachet
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
salmon	1 small packet	1 large packet
mint	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3278kJ (783Cal)	557kJ (133Cal)
Protein (g)	44.9g	7.6g
Fat, total (g)	31.8g	5.4g
- saturated (g)	6.7g	1.1g
Carbohydrate (g)	74.5g	12.7g
- sugars (g)	18.4g	3.1g
Sodium (mg)	608mg	103mg

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 Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** and **beetroot** into small chunks. Cut the **brown onion** into thick wedges. Place the prepped **veggies** on a lined oven tray. Drizzle with **olive oil** and sprinkle with the **smoked paprika** and a pinch of **salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.

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

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



4 Cook the salmon

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Pat the **salmon** dry with paper towel, then season both sides. Cook the **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side.

TIP: Patting the salmon skin dry helps it crisp up in the pan!



2 Cook the pearl couscous

In a medium saucepan, heat a drizzle of **olive oil** over a medium-high heat. Add the **pearl couscous** and toast, stirring, until golden, **1-2 minutes**. Add the **water** and **vegetable stock powder**. Bring to the boil, then reduce the heat to medium and simmer, stirring occasionally, until the couscous is tender and water has absorbed, **16-18 minutes**. Drain, then transfer to a large bowl. Cover to keep warm.



3 Make the lemon yoghurt

While the couscous is cooking, zest the **lemon** to get a pinch, then slice into wedges. In a small bowl, combine the **Greek-style yoghurt** and a generous squeeze of **lemon juice**. Season to taste.



5 Make the salad

While the salmon is cooking, pick and roughly chop the **mint** leaves. To the bowl with the couscous, add the **roasted veggies**, **lemon zest**, a drizzle of **olive oil** and the **mint** (reserve a little for garnish!). Gently toss to combine. Season to taste.



6 Serve up

Divide the pearl couscous salad between plates. Top with the seared salmon. Garnish with the reserved mint. Serve with a dollop of lemon yoghurt and any remaining lemon wedges.

Enjoy!

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