



Easy Seared Salmon & Chermoula Couscous

with Apple-Walnut Salad & Dijon Yoghurt

Grab your Meal Kit with this symbol



Couscous



Vegetable Stock Powder



Chermoula Spice Blend



Apple



Dijon Mustard



Greek-Style Yoghurt



Salmon



Mixed Salad Leaves



Walnuts

Hands-on: **10-20 mins**
Ready in: **25-35 mins**

Eat Me First

Bursting with paprika and cumin, and a touch of turmeric and coriander, our chermoula spice blend works a treat with seafood. Add a dollop of Dijon yoghurt for creaminess and tang, and serve with a sweet and peppery salad to balance out the salmon's lovely richness. Don't forget the walnuts - they turn the dish into a textural treat!

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic), Honey

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
couscous	1 medium packet	1 large packet
vegetable stock powder	½ medium sachet	1 medium sachet
chermoula spice blend	¼ sachet	½ sachet
boiling water*	¾ cup	1 ½ cups
apple	1	2
Dijon mustard	1 packet (15g)	2 packets (30g)
Greek-style yoghurt	½ medium packet	1 medium packet
salmon	1 small packet	1 large packet
vinegar* (white wine or balsamic)	3 tsp	1 ½ tbs
honey*	½ tsp	1 tsp
mixed salad leaves	1 medium bag	1 large bag
walnuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2941kJ (703Cal)	885kJ (212Cal)
Protein (g)	39.3g	11.8g
Fat, total (g)	39.8g	12g
- saturated (g)	7.8g	2.3g
Carbohydrate (g)	45.1g	13.6g
- sugars (g)	11.1g	13.6g
Sodium (mg)	502mg	151mg

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.



Make the couscous

- Boil the kettle.
- In a medium bowl, combine **couscous**, **vegetable stock powder** (see ingredients) and **chermoula spice blend** (see ingredients).
- Add the **boiling water** (3/4 cup for 2 people / 1 1/2 cups for 4 people), then stir to combine. Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork.



Cook the salmon

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat.
- Pat **salmon** dry with paper towel, then season both sides. Cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness).
- Meanwhile, combine the **vinegar**, **honey** and a good drizzle of **olive oil** in a medium bowl. Season to taste. Top with **mixed salad leaves**, **apple** and **walnuts**. Toss to coat.

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



Get prepped

- While **couscous** is cooking, thinly slice **apple** into wedges.
- In a small bowl, combine **Dijon mustard** and **Greek-style yoghurt**. Season with **salt** and **pepper** to taste.

TIP: *Dijon mustard is quite strong in flavour, feel free to use less!*



Serve up

- Divide chermoula couscous between plates. Top with seared salmon.
- Drizzle Dijon yoghurt over salmon.
- Serve with apple-walnut salad.

Enjoy!

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