



Seared Salmon & Chermoula Couscous

with Walnut Salad & Dijon Yoghurt

Grab your Meal Kit with this symbol



Chermoula Spice Blend



Couscous



Tomato



Dijon Mustard



Greek-Style Yoghurt



Salmon



Mixed Salad Leaves



Walnuts



Salmon

Prep in: **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!

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

Pantry items

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

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chermoula spice blend	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
couscous	1 medium packet	1 large packet
tomato	1	2
Dijon mustard	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
salmon	1 small packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
honey*	½ tsp	1 tsp
mixed salad leaves	1 medium bag	1 large bag
walnuts	1 medium packet	1 large packet
salmon**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2871kJ (686Cal)	864kJ (207Cal)
Protein (g)	39.5g	11.9g
Fat, total (g)	39.1g	11.8g
- saturated (g)	6.9g	2.1g
Carbohydrate (g)	42.6g	12.8g
- sugars (g)	7.4g	2.2g
Sodium (mg)	555mg	167mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4226kJ (1010Cal)	895kJ (214Cal)
Protein (g)	68.1g	14.4g
Fat, total (g)	62.2g	13.2g
- saturated (g)	11.4g	2.4g
Carbohydrate (g)	43.5g	9.2g
- sugars (g)	7.4g	1.6g
Sodium (mg)	597mg	126mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Make the couscous

- Boil the kettle. In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Add **chermoula spice blend** and cook until fragrant, **1 minute**.
- Add the **boiling water** (¾ cup for 2 people / 1 ½ cups for 4 people), **couscous** and a pinch of **salt**.
- Cover with a lid and remove from heat. Set aside until the water is absorbed, **5 minutes**. Fluff up with a fork.

3



Cook the salmon

- In a large frying pan, heat a drizzle of **olive oil** over 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**, the **honey** and a good drizzle of **olive oil** in a medium bowl. Season to taste. Add **mixed salad leaves**, **tomato** and **walnuts**. Toss to coat.

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

Custom Recipe: If you've doubled your salmon, cook in batches if your pan is getting crowded.

2



Get prepped

- While the couscous is cooking, roughly chop **tomato**. Set aside.
- 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!

4



Serve up

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

Rate your recipe

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