



Moroccan Honey-Glazed Salmon

with Carrot Couscous, Garlic Yoghurt & Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Vegetable Stock Powder



Couscous



Tomato



Garlic



Greek-Style Yoghurt



Salmon



Ras El Hanout



Mixed Salad Leaves



Salmon

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.

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

Pantry items

Olive Oil, Butter, Honey, White Wine Vinegar

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
carrot	1	2
butter*	20g	40g
water*	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
tomato	1	2
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
salmon	1 medium packet	2 medium packets OR 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 packet	1 medium packet
white wine vinegar*	drizzle	drizzle
salmon**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2986kJ (714Cal)	812kJ (194Cal)
Protein (g)	37.4g	10.2g
Fat, total (g)	36.6g	10g
- saturated (g)	11.1g	3g
Carbohydrate (g)	57.4g	15.6g
- sugars (g)	21.2g	5.8g
Sodium (mg)	923mg	251mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4243kJ (1014Cal)	836kJ (200Cal)
Protein (g)	65.9g	13g
Fat, total (g)	56.9g	11.2g
- saturated (g)	14.7g	2.9g
Carbohydrate (g)	58.5g	11.5g
- sugars (g)	21.2g	4.2g
Sodium (mg)	980mg	193mg

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



Cook the carrot couscous

- Grate **carrot**. In a medium saucepan, heat the **butter** with a drizzle of **olive oil** over medium-high heat.
- Add **carrot** and cook stirring, until softened, **2-3 minutes**. Add, the **water** and **vegetable stock powder** and bring to the boil.
- Add **couscous**, stir to combine. Cover with a lid and remove from heat.
- Leave for **5 minutes**. Fluff up with a fork. Cover to keep warm.

3



Cook the salmon & make 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**, gently turning **salmon** to coat. Transfer to a plate to rest.
- While the salmon is cooking, combine **tomato**, **mixed salad leaves** and a drizzle of **olive oil** and the **white wine vinegar** in a second medium bowl. Season to taste.

Custom Recipe: If you've doubled your salmon, cook salmon in batches for the best results. Return all cooked salmon to pan before adding the honey.

2



Make the garlic yoghurt

- Meanwhile, roughly chop **tomato**.
- Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** and **garlic** over medium-high heat. Cook until fragrant, **1 minute**. Transfer to a small heatproof 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. Enjoy!

Rate your recipe

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