



Baked Salmon & Pearl Couscous

with Veggies & Garlic-Chilli Yoghurt

MEDITERRANEAN

DIETITIAN APPROVED*

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Zucchini



Garlic



Pearl Couscous



Mediterranean Seasoning



Salmon



Chilli Flakes (Optional)



Greek-Style Yoghurt



Baby Spinach Leaves



Salmon

Prep in: 20-30 mins
Ready in: 35-45 mins



Calorie Smart*
**Custom recipe is not Calorie Smart or Dietitian Approved*



Eat Me First

Some prefer salmon oven-roasted and others like it pan-fried, but either way, you've got a winner dinner when salmon is involved. Pair tonight's baked salmon with Mediterranean couscous, roast veg and some garlic-chilli yoghurt on the side.

CUSTOM RECIPE

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

Pantry items

Olive Oil

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

Two oven trays lined with baking paper · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
garlic	1 clove	2 cloves
pearl couscous	1 medium packet	2 medium packets
Mediterranean seasoning	1 medium sachet	2 medium sachets
water*	1¾ cups	3½ cups
salmon	1 medium packet	2 medium packets OR 1 large packet
chilli flakes (optional)	pinch	pinch
Greek-style yoghurt	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
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)	2622kJ (627Cal)	609kJ (146Cal)
Protein (g)	43.1g	10g
Fat, total (g)	23.5g	5.5g
- saturated (g)	4.9g	1.1g
Carbohydrate (g)	58.8g	13.7g
- sugars (g)	9.1g	2.1g
Sodium (mg)	916mg	213mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3879kJ (927Cal)	680kJ (163Cal)
Protein (g)	71.6g	12.6g
Fat, total (g)	43.8g	7.7g
- saturated (g)	8.5g	1.5g
Carbohydrate (g)	60g	10.5g
- sugars (g)	9.2g	1.6g
Sodium (mg)	972mg	170mg

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 oven to **220°C/200°C fan-forced**.
- Cut **carrot** and **zucchini** into bite-sized chunks.
- Finely chop **garlic**.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **25-30 minutes**.

2



Cook the pearl couscous

- Meanwhile, in a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Toast **pearl couscous** and **Mediterranean seasoning**, stirring occasionally, until golden and fragrant, **1-2 minutes**.
- Stir in the **water**, then add a pinch of **salt**.
- Bring to the boil, then cook, uncovered, stirring occasionally until tender and water is absorbed, **10-12 minutes**.

3



Bake the salmon

- When veggies have **10 minutes** remaining, place **salmon** on a second lined oven tray and season both sides.
- Lightly coat or spray with **olive oil**. Bake until **salmon** is just cooked through, **8-12 minutes**.

TIP: Patting the skin dry helps it crisp up!

Custom Recipe: If you've doubled your salmon, prepare and bake salmon in the same way as above. Divide salmon between two lined oven trays if your tray is getting crowded.

4



Make the garlic-chilli yoghurt

- While salmon is baking, in a small microwave proof bowl, combine **garlic**, a pinch of **chilli flakes** (if using) and a drizzle of **olive oil**.
- Microwave in **30 second** bursts, until fragrant. Add **Greek-style yoghurt**, stirring to combine. Season to taste.

5



Bring it altogether

- Once roast veggies are done, remove from oven and transfer to saucepan with **pearl couscous**.
- Add **baby spinach leaves**, tossing to combine.

6



Serve up

- Divide Mediterranean roast veggie and pearl couscous toss between bowls.
- Top with baked salmon and garlic-chilli yoghurt to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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