

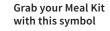
Baked Salmon & Pearl Couscous

with Veggies & Garlic-Chilli Yoghurt

MEDITERRANEAN

DIETITIAN APPROVED*

CLIMATE SUPERSTAR













Pearl Couscous





Mediterranean Seasoning

Salmon



Chilli Flakes



(Optional)





Baby Spinach Leaves





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

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.

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 \cdot Large saucepan

Ingredients

| ingi calcino | | | |
|-------------------------------|-----------------|---------------------------------------|--|
| | 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.



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.



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.



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.



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.



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.



Serve up

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



