



Honey-Glazed Salmon & Moroccan Couscous

with Carrot-Beetroot Toss & Mint

CLIMATE SUPERSTAR

Grab your meal kit with this number

6



Carrot



Beetroot



Brown Onion



Mint



Lemon



Greek-Style Yoghurt



Ras El Hanout



Couscous



Salmon



Salmon



Chicken Breast

Recipe Update

We've replaced the quinoa & millet blend in this recipe with couscous due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins
Ready in: 25-35 mins

Protein Rich

Eat Me Early

There's a lot to love in this bountiful bowl, from the spiced couscous tossed with roasted veggies to the succulent salmon coated in honey and mint. It's a stunning combination that's easy to pull together too – win-win!

Pantry items

Olive Oil, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	2	4
beetroot	1	2
brown onion	1	2
mint	1 packet	1 packet
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
honey*	1½ tbs	¼ cup
warm water*	2 tbs	¼ cup
ras el hanout	½ medium sachet	1 medium sachet
water*	¾ cup	1½ cup
salt*	¼ tsp	½ tsp
couscous	1 medium packet	1 large packet
salmon	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2936kJ (702cal)	274kJ (66cal)
Protein (g)	40.9g	3.8g
Fat, total (g)	29.4g	2.7g
- saturated (g)	5.6g	0.5g
Carbohydrate (g)	67.6g	6.3g
- sugars (g)	36.6g	3.4g
Sodium (mg)	672mg	62.7mg
Dietary Fibre (g)	11g	1g

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

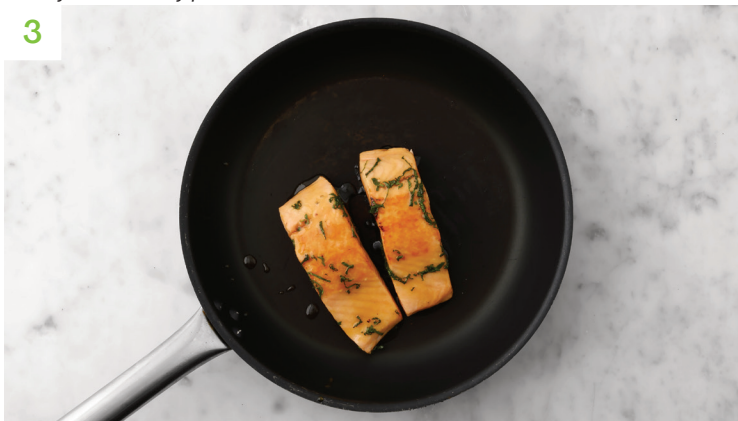
2024 | CW35



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** into bite-sized chunks. Cut **beetroot** into small chunks. Cut **brown onion** into thick wedges.
- Transfer **veggies** to a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.
- While the veggies are roasting, pick and roughly chop **mint** leaves. Zest **lemon** to get a pinch, then slice into wedges. In a small bowl, combine **Greek-style yoghurt** and a generous squeeze of **lemon juice**. Season to taste.

TIP: Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when you can easily pierce it with a fork.



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. Turn **salmon** skin-side down again and spoon over the **honey** and **mint glaze** until completely coated. Remove from the heat.

CUSTOM OPTIONS



DOUBLE SALMON

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



Cook the couscous

- In a medium bowl, combine the **honey**, **warm water** and half the **mint**. Season to taste.
- Meanwhile, boil the kettle.
- Heat a medium saucepan with a drizzle of **olive oil** over medium heat. Cook **ras el hanout** (see ingredients) and **lemon zest**, until fragrant, **1 minute**.
- Add the **water** and **salt**, bring to the boil.
- Add **couscous**, stirring to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with a fork.



Serve up

- Divide Moroccan couscous and roasted veggies between bowls.
- Top with honey-glazed salmon and spoon over any remaining glaze from the pan.
- Garnish with remaining mint and serve with lemon yoghurt. Enjoy!

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

