



Baked Salmon & Pearl Couscous

with Veggies & Garlic-Chilli Yoghurt

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your meal kit with this number

6



Carrot



Zucchini



Silverbeet



Garlic



Pearl Couscous



Mediterranean Seasoning



Salmon



Chilli Flakes (Optional)



Greek-Style Yoghurt



Salmon



Chicken Tenderloins

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

Calorie Smart

Protein Rich

Eat Me Early

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.

Pantry items

Olive Oil

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

Two oven trays lined with baking paper · Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
silverbeet	1 medium packet	2 medium packets
garlic	1 clove	2 cloves
pearl couscous	1 packet	2 packets
Mediterranean seasoning	1 sachet	2 sachets
water*	1 ¾ cups	3 ½ 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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2634kJ (630cal)	277kJ (66cal)
Protein (g)	43.5g	4.6g
Fat, total (g)	23g	2.4g
- saturated (g)	4.8g	0.5g
Carbohydrate (g)	59.6g	6.3g
- sugars (g)	9.7g	1g
Sodium (mg)	997mg	104.9mg
Dietary Fibre (g)	7.1g	0.7g

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.
- Roughly chop **silverbeet**.
- Finely chop **garlic**.
- Place **carrot** and **zucchini** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **25-30 minutes**.

4



Make the garlic-chilli yoghurt

- While salmon is baking, in a small heatproof bowl, combine **garlic**, **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.

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 on medium-high heat, stirring occasionally until tender and water is absorbed, **10-12 minutes**.

5



Bring it altogether

- Once roast veggies are done, transfer to saucepan with pearl couscous. Add **silverbeet**, gently toss to combine.

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 in the pan!*

6



Serve up

- Divide veggies and pearl couscous between serving 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

2024 | CW40



CUSTOM OPTIONS



DOUBLE SALMON

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN TENDERLOINS

Follow method above, roasting in the oven, until cooked through, 8-10 minutes.

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

