

Honey-Glazed Salmon & Moroccan Couscous

with Carrot & Beetroot Toss

AIR FRYER FRIENDLY

Grab your meal kit with this number

6



Carrot



Beetroot



Tomato



Mint



Greek-Style Yoghurt



Fetta Cubes



Chermoula Spice Blend



Couscous



Salmon



Salmon



Chicken Breast

Recipe Update

We've replaced the baby capsicum in this recipe with tomato 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 to the roasted beetroot and carrot and we can't forget 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
tomato	1	2
mint	1 packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet
honey*	1½ tbs	¾ cup
water* (for the glaze)	2 tbs	¼ cup
water* (for the couscous)	¾ cup	1½ cups
chermoula spice blend	½ medium sachet	1 medium sachet
couscous	½ large 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	62.8mg
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

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Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **beetroot** into bite-sized chunks. Roughly chop **tomato**.
- 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.
- To a small bowl, add **Greek-style yoghurt** and **fetta cubes** and mash to combine. Season to taste with **salt** and **pepper**.

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 a 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.

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



Cook the couscous

- In a medium bowl, combine the **honey**, **water (for the glaze)** and half the **mint**. Season to taste.
- In a medium saucepan, add the **water (for the couscous)** and bring to the boil. Add **chermoula spice blend (see ingredients)** and cook until fragrant, **1 minute**.
- Add **couscous (see ingredients)** and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with 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 fetta yoghurt. Enjoy!