



# Sticky Herb Salmon & Moroccan Couscous

with Veggie Toss & Fetta Yoghurt

Grab your meal kit with this number

6



Carrot



Zucchini



Capsicum



Mint



Greek-Style Yoghurt



Fetta Cubes



Chermoula Spice Blend



Couscous



Salmon



Salmon



Haloumi

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

Eat Me Early

There's a lot to love in this bountiful bowl, from the spiced couscous to the roasted zucchini, capsicum and carrot and we can't forget the tender salmon coated in honey and mint. It's a stunning combination that's easy to pull together, too - win-win!

## Before you start

All ingredients are portioned according to plan size.

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.

## You will need

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

## Ingredients

	2P	3P	4P	5P	6P
<b>olive oil*</b>					
					refer to method
carrot	2	3	4	5	6
zucchini	1	2	2	3	3
capsicum	1	1	2	2	3
mint (packet(s))	1	1	1	2	2
Greek-style yoghurt (packet(s))	1	1	1	2	2
fetta cubes (packet(s))	1	1	1	2	2
<b>honey*</b> (tbsp(s))	1½	3	3	4½	4½
<b>water* (for the glaze)</b> (tbsp(s))	2	4	4	6	6
<b>water* (for the couscous)</b> (cup(s))	¾	1½	1½	2¼	2¼
chermoula spice blend (sachet(s))	1	2	2	3	3
couscous (packet(s))	1	1	1	2	2
<b>vinegar* (balsamic or white wine)</b>					refer to method
salmon (grams)	280g	420g	560g	700g	840g

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3050kJ (729Cal)	630kJ (151Cal)
Protein (g)	41.5g	8.6g
Fat, total (g)	33g	6.8g
- saturated (g)	8g	1.7g
Carbohydrate (g)	66.7g	13.8g
- sugars (g)	30.1g	6.2g
Sodium (mg)	690mg	143mg
Dietary Fibre (g)	7g	1.4g

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](https://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, zucchini** and **capsicum** into bite-sized chunks.
- 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**.

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## 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 with **salt** and **pepper**.
- Cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side. Remove from heat. Turn **salmon** skin-side down again and spoon over the **honey-mint glaze**, turning gently, until completely coated.

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## 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** and cook until fragrant, **1 minute**.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until water is absorbed, **5 minutes**. Add a drizzle of **vinegar** and **olive oil** and fluff up with a fork.

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## Finish & serve

- Divide Moroccan couscous and veggie toss between bowls.
- Top with sticky herb salmon and spoon over any remaining glaze from the pan.
- Garnish with remaining mint and dollop over feta yoghurt to serve. Enjoy!

### CUSTOM OPTIONS



#### SALMON:

Follow method above, cooking in batches if necessary.



#### HALOUMI:

Pat dry and slice. Cook in a frying pan with a drizzle of olive oil until golden brown, 1-2 minutes each side.

SCAN CODE FOR  
FULL STEPS AND  
NUTRITION INFO

