



DUKKAH-CRUSTED SALMON

with Zesty Veggie & Garlic Couscous



Make dukkah
crusted salmon



Garlic



Chicken Stock



Couscous



Currants



Green Beans



Zucchini



Lemon



Greek Yogurt



Salmon



Dukkah

Hands-on: **25 mins**
Ready in: **30 mins**

Eat me first

Low calorie

Take a walk on the wild side with this different spin on salmon. A bold dukkah crust, veggie-studded couscous with little jewels of currants for sweetness and citrus yoghurt elevate this well-loved fish to new levels.

Pantry Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



1 MAKE THE COUSCOUS

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** over a medium heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water (for the couscous)** and the crumbled **chicken stock (1 cube for 2 people / 2 cubes for 4 people)** and bring to the boil over a medium-high heat. Add the **couscous, currants** and a **drizzle of olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up the **couscous** with a fork and set aside.



4 COOK THE VEGGIES

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **green beans** and **zucchini** and season with a little **salt** and **pepper**. Cook, tossing, until tender, **2-3 minutes**.



2 GET PREPPED

While the couscous is cooking, trim the **green beans** and cut into 2cm pieces. Thinly slice the **zucchini** into half-moons. Zest the **lemon (see ingredients list)** to get a **good pinch**, then juice to get **2 tsp for 2 people / 1 tbs for 4 people**. Cut any **remaining lemon** into wedges. In a small bowl, combine the **Greek yoghurt, water (for the yoghurt)** and **lemon juice**. Season with a **pinch of salt** and **pepper** and mix well. **TIP:** Add more or less **lemon juice** if you like.



5 BRING IT ALL TOGETHER

Transfer the **green beans** and **zucchini** to the saucepan with the **couscous**. Add the **salt, lemon zest** and a **pinch of pepper**. Mix well to combine.



3 COOK THE SALMON

Pat the **salmon** dry with paper towel, then **drizzle** with a little **olive oil**. Spread the **dukkah** over a board or plate. Add the **salmon** to the **dukkah** and turn to coat. **TIP:** Gently press the **dukkah** into the **salmon** to help it stick! In a large frying pan, heat a **good drizzle of olive oil** over a medium heat. Add the **salmon** and cook until browned and just cooked through, **3-4 minutes** each side. Transfer to a plate and cover with foil to keep warm.



6 SERVE UP

Divide the zesty veggie and currant couscous between plates and top with the dukkah-seared salmon. Drizzle with the lemon yoghurt. Serve with any remaining lemon wedges. **TIP:** For the low-calorie option, serve with 1/2 the couscous.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water* (for the couscous)	¾ cup	1½ cups
chicken stock	1 cube	2 cubes
couscous	1 packet	2 packets
currants	1 packet	2 packets
green beans	1 bag (100g)	1 bag (200g)
zucchini	1	2
lemon	½	1
Greek yoghurt	1 packet (100g)	2 packets (200g)
water* (for the yoghurt)	2 tsp	1 tbs
salmon	1 packet	2 packets
dukkah	1 sachet	2 sachets
salt*	¼ tsp	½ tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2300kJ (549Cal)	533kJ (127Cal)
Protein (g)	38.4g	8.9g
Fat, total (g)	26.9g	6.2g
- saturated (g)	9.9g	2.3g
Carbohydrate (g)	35.3g	8.2g
- sugars (g)	15.2g	3.5g
Sodium (g)	860mg	199mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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