



Easy Seared Salmon & Chermoula Couscous

with Walnut Salad & Dijon Yoghurt

Grab your Meal Kit with this symbol



Couscous



Vegetable Stock Powder



Chermoula Spice Blend



Tomato



Mixed Salad Leaves



Walnuts



Dijon Mustard



Greek-Style Yoghurt



Salmon

Prep in: 10-20 mins
Ready in: 25-35 mins

Eat Me First

Bursting with paprika and cumin, and a touch of turmeric and coriander, our chermoula spice blend works a treat with seafood. Add a dollop of Dijon yoghurt for creaminess and tang, and serve with a sweet and peppery salad to balance out the salmon's lovely richness. Don't forget the walnuts - they turn the dish into a textural treat!

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic), Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

| | 2 People | 4 People |
|--|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| couscous | 1 medium packet | 1 large packet |
| vegetable stock powder | ½ medium sachet | 1 medium sachet |
| chermoula spice blend | ¼ medium sachet | ½ medium sachet |
| boiling water* | ¾ cup | 1 ½ cups |
| tomato | 1 | 2 |
| Dijon mustard | 1 packet | 2 packets |
| Greek-style yoghurt | 1 medium packet | 1 large packet |
| salmon | 1 small packet | 1 large packet |
| vinegar* (white wine or balsamic) | 3 tsp | 1½ tbs |
| honey* | ½ tsp | 1 tsp |
| mixed salad leaves | 1 medium bag | 1 large bag |
| walnuts | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2823kJ (675Cal) | 850kJ (203Cal) |
| Protein (g) | 39.7g | 12g |
| Fat, total (g) | 37.8g | 11.4g |
| - saturated (g) | 6.6g | 2g |
| Carbohydrate (g) | 42.6g | 12.8g |
| - sugars (g) | 7.6g | 2.3g |
| Sodium (mg) | 528mg | 159mg |

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



Make the couscous

- Boil the kettle.
- In a medium heatproof bowl, combine **couscous**, **vegetable stock powder** (see ingredients) and **chermoula spice blend** (see ingredients).
- Add the **boiling water** (3/4 cup for 2 people / 1 1/2 cups for 4 people), then stir to combine. Immediately cover with a plate, then leave for **5 minutes**.
- Fluff up with a fork.

3



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 (depending on thickness).
- Meanwhile, combine the **vinegar**, the **honey** and a good drizzle of **olive oil** in a second medium bowl. Season to taste. Add **mixed salad leaves**, **tomato** and **walnuts**. Toss to coat.

TIP: *Patting the salmon skin dry helps it crisp up in the pan!*

2



Get prepped

- While the couscous is cooking, roughly chop **tomato**. Set aside.
- In a small bowl, combine **Dijon mustard** and **Greek-style yoghurt**. Season with **salt** and **pepper** to taste.

TIP: *Dijon mustard is quite strong in flavour, feel free to use less!*

4



Serve up

- Divide chermoula couscous between plates. Top with seared salmon.
- Drizzle Dijon yoghurt over salmon.
- Serve with walnut salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2022 | CW25



Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.com.au/rate