



Honey & Mint Glazed Salmon

with Moroccan Veggie Couscous

Grab your Meal Kit with this symbol



Carrot



Zucchini



Brown Onion



Mint



Lemon



Greek Yoghurt



Ras El Hanout



Couscous



Salmon

Hands-on: 20-30 mins
Ready in: 30-40 mins

Eat me first

There's a lot to love in this bountiful bowl, from the spiced couscous tossed with roasted veggies to 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

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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
brown onion	1	2
mint	1 bunch	1 bunch
lemon	½	1
Greek yoghurt	1 packet (100g)	1 packet (200g)
honey*	1½ tbs	¼ cup
warm water*	2 tbs	½ cup
ras el hanout	½ sachet	1 sachet
water*	¾ cup	1½ cups
couscous	1 packet	2 packets
salt*	¼ tsp	½ tsp
salmon	1 packet	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3059kJ (731Cal)	510kJ (121Cal)
Protein (g)	41.1g	6.9g
Fat, total (g)	31.6g	5.3g
- saturated (g)	7.5g	1.3g
Carbohydrate (g)	65.3g	10.9g
- sugars (g)	31.1g	5.2g
Sodium (mg)	369mg	62mg

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.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **carrot** (unpeeled) and **zucchini** into 1cm chunks. Cut the **brown onion** into 2cm wedges. Place the **veggies** on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: Cut the veggies to size so they cook in time.



Get prepped

While the veggies are roasting, pick and roughly chop the **mint** leaves. Zest the **lemon** to get a pinch, then slice into wedges. In a small bowl, combine the **Greek yoghurt** and a generous squeeze of **lemon juice**. Season to taste.



Make the glaze

In a medium bowl, combine the **honey**, **warm water** and 1/2 the **mint**. Season with **salt** and **pepper**.



Cook the couscous

In a medium saucepan, heat a drizzle of **olive oil** over a medium heat. Add the **ras el hanout** (see ingredients) and **lemon zest** and cook until fragrant, **1 minute**. Add the **water** and bring to the boil. Add the **couscous**, the **salt** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside uncovered.



Cook the salmon

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Pat the **salmon** dry with paper towel and season both sides with **salt** and **pepper**. When the oil is hot, add the **salmon**, skin-side down, and cook until the skin is crisp, **2-4 minutes**. Turn the **salmon** and cook until almost cooked through, **2-3 minutes**. Turn the salmon skin-side down again and spoon over the **honey and mint glaze** until completely coated. Remove from the heat.

TIP: Salmon can be served slightly blushing pink in the centre.



Serve up

Stir the roasted veggies through the couscous and divide between bowls. Top with the honey and mint salmon and spoon over any remaining glaze from the pan. Garnish with the remaining mint and top with the lemon yoghurt. Serve with the lemon wedges.

Enjoy!