



Lemon & Herb Salmon with Couscous & Olives

FRESH & FAST Box to plate: 15 mins Eat me first

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2430kJ/581Cal | Protein 34.0g | Fat, total 57.7g - saturated 8.4g | Carbohydrate 34.0g - sugars 8.4g | Sodium 1270mg

Contact us | hello@hellofresh.com.au
2020 | WK30 | W

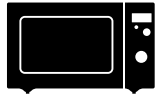
Get ready

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'll need (along with the basics)



Large Frying Pan

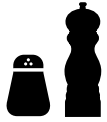


Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Couscous with Roasted Vegetables	1 pkt	2 pkts
Lemon-Herb Salmon	1 pkt	2 pkts
Greek yoghurt	1 pkt (100g)	1 pkt (200g)

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. Zap



Baby Spinach Leaves



Couscous with Roasted Vegetables



Kalamata Olives

2. Sizzle



Lemon-Herb Salmon



Dill



Greek Yoghurt

- Chop **baby spinach leaves**
- Prick holes in **couscous** packet
- Zap **couscous** in microwave until steaming, **1-2 mins**
- Grab a bowl. Add **spinach, olives** and **couscous**
- Drizzle with **olive oil**
- **Season** and toss

- Meanwhile, heat **olive oil** in a large frying pan over medium-high heat
- Add **salmon**, skin-side down, and cook for **2-3 mins** each side, or until cooked to your liking

- Roughly chop **dill**
- Plate up **couscous** and **salmon**
- Dollop with **yoghurt** and garnish with **dill** to serve

