



Moroccan-Spiced Salmon & Pearl Couscous

with Roast Veggies, Mint & Lime Yoghurt

Grab your Meal Kit
with this symbol



Beetroot



Carrot



Zucchini



Pearl Couscous



Vegetable Stock
Powder



Lime



Mint



Greek-Style
Yoghurt



Ras El
Hanout



Salmon



Hands-on: **20-30 mins**
Ready in: **35-45 mins**



Eat Me First

'Ras el hanout' is a Moroccan spice blend which translates to 'top shelf'. Essentially, it delivers a medley of the best spices (think cumin, paprika, turmeric and then some) to help you make a top-notch meal - starting with this stellar salmon dish!

*The recent harsh weather conditions have impacted the zucchini grown by our farmers.
The quality and freshness is still the same, but they may be a little smaller than usual.*

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 · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
carrot	1	2
zucchini	1	2
pearl couscous	1 medium packet	1 large packet
vegetable stock powder	1 medium packet	1 large packet
lime	½	1
mint	1 bag	1 bag
Greek-style yoghurt	1 medium packet	1 large packet
ras el hanout	1 sachet	2 sachets
salmon	1 small packet	1 large packet
honey*	1 tbs	2 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2966kJ (709Cal)	537kJ (128Cal)
Protein (g)	43.2g	7.8g
Fat, total (g)	27g	4.9g
- saturated (g)	5.9g	1.1g
Carbohydrate (g)	68.2g	12.3g
- sugars (g)	20.1g	12.3g
Sodium (mg)	592mg	107mg

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



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Boil the kettle. Cut the **beetroot** and **carrot** into small chunks. Thickly slice the **zucchini** into half-moons. Place the prepped **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**, tossing to coat. Roast until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

2



Cook the couscous

While the veggies are roasting, heat a drizzle of **olive oil** in a medium saucepan over a medium-high heat. Toast the **pearl couscous**, stirring occasionally, until golden, **1-2 minutes**. Half-fill the saucepan with the **boiling water**, then add a pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**. Drain, rinse and return to the pan. Stir in the **vegetable stock powder** and a drizzle of **olive oil**.

3



Make the lime yoghurt

While the couscous is cooking, zest the **lime** to get a generous pinch, then slice into wedges. Pick and roughly chop the **mint** leaves. In a small bowl, combine the **Greek-style yoghurt**, **lime zest** and a squeeze of **lime juice**. Season to taste.

4



Cook the salmon

In a medium bowl, combine the **ras el hanout** and a drizzle of **olive oil**. Season generously, then add the **salmon**, turning to coat. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness). Remove from the heat. Add the **honey**, turning the **salmon** to coat.

5



Flavour the couscous

Transfer the roasted **veggies** to the saucepan with the **pearl couscous**. Add 1/2 the **mint**. Season, then gently toss to combine.

6



Serve up

Divide the pearl couscous with roast veggies and mint between plates. Top with the Moroccan-spiced salmon and a dollop of lime yoghurt. Garnish with the remaining mint. Serve with any remaining lime wedges.

Enjoy!

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