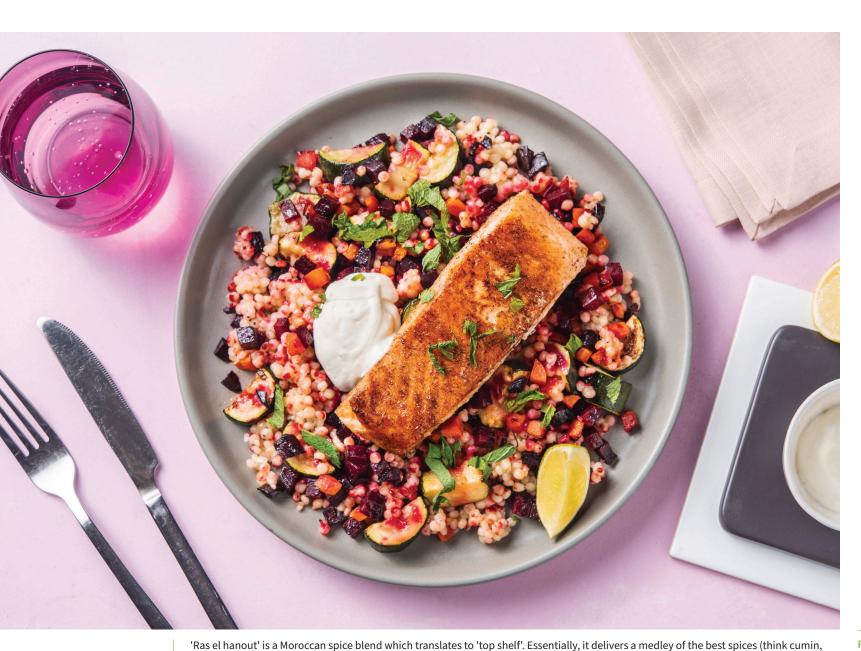


Moroccan-Spiced Salmon & Pearl Couscous

with Roast Veggies, Mint & Lime Yoghurt

Grab your Meal Kit with this symbol















Zucchini

Pearl Couscous





Vegetable Stock Powder









Ras El Hanout

Salmon

Pantry items

Olive Oil, Honey



paprika, turmeric and then some) to help you make a top-notch meal - starting with this stellar salmon dish!

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 \cdot Medium saucepan \cdot 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	1/2	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.



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.



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**.



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.



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.



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.



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!

Rate your recipe
Scan here to rate this recipe!

