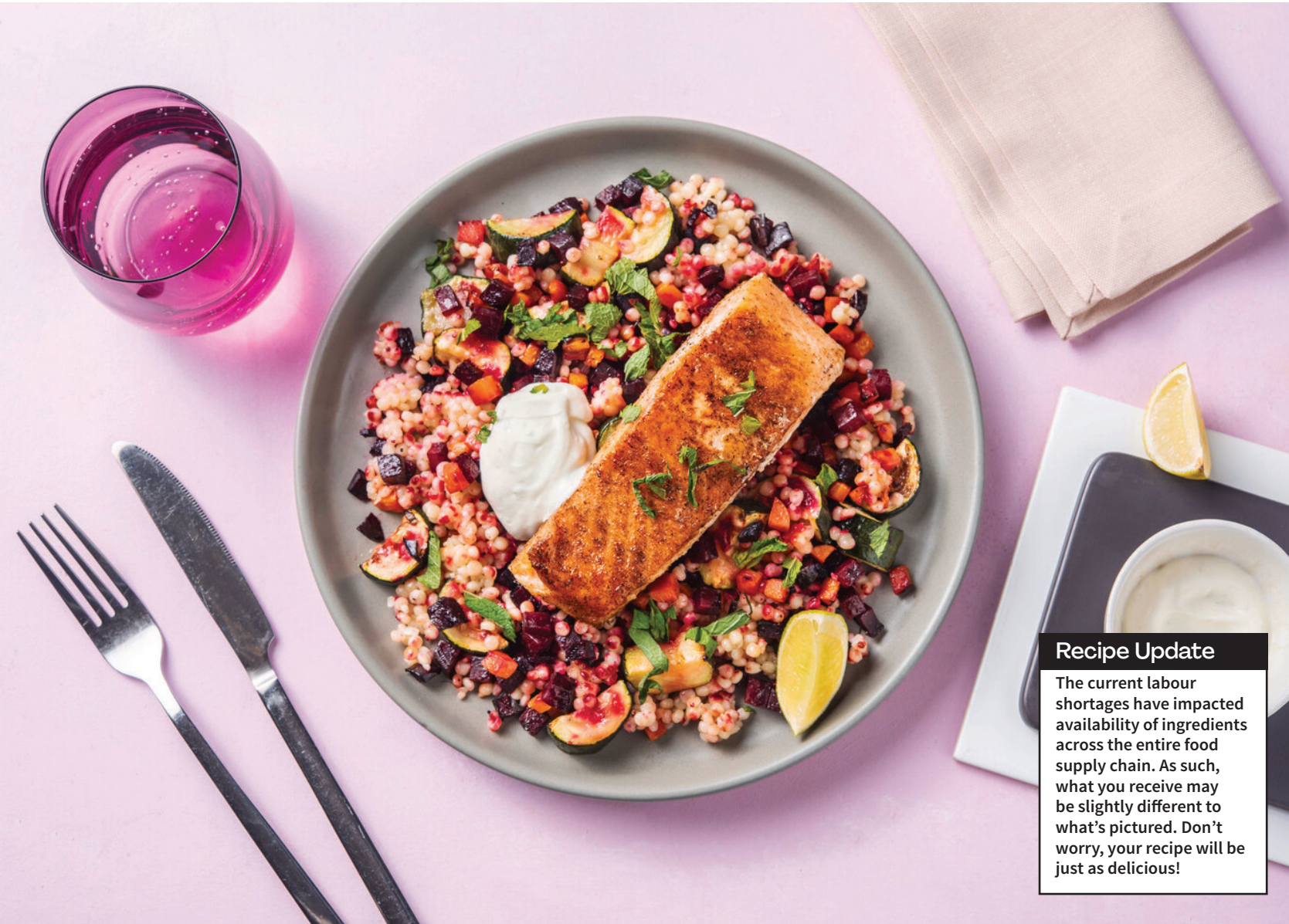




Moroccan-Spiced Salmon & Pearl Couscous

with Roast Veggies, Mint & Lime Yoghurt

Grab your Meal Kit with this symbol



Beetroot



Carrot



Turnip



Pearl Couscous



Vegetable Stock Powder



Lime



Mint



Greek-Style Yoghurt



Ras El Hanout



Salmon

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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!

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 saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
carrot	1	2
turnip	1	2
pearl couscous	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
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)	3006kJ (718Cal)	592kJ (141Cal)
Protein (g)	42.8g	8.4g
Fat, total (g)	26.8g	5.3g
- saturated (g)	5.9g	1.2g
Carbohydrate (g)	71.8g	14.1g
- sugars (g)	23.4g	4.6g
Sodium (mg)	593mg	117mg

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**. Cut the **beetroot, carrot** and **turnip** into small chunks. Place 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, boil the kettle. Heat a drizzle of **olive oil** in a large saucepan over a medium-high heat. Toast the **pearl couscous**, stirring occasionally, until golden, **1-2 minutes**. Half-fill the saucepan with the **boiled 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**, gently turning to coat. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, 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 Finish 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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