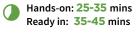


# **Seared Salmon & Pearl Couscous**

with Roasted Veggies & Lemon Yoghurt





Eat me first

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Not just a pretty name, pearl couscous is downright delicious to eat. The small, slightly chewy balls have a toasty flavour that works beautifully with roasted sweet potato and beetroot. Topped with succulent salmon, this is a gem of a 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 · Large frying pan

#### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
beetroot	1	2
brown onion	1	2
smoked paprika	1 sachet	2 sachets
pearl couscous	1 packet	2 packets
water*	1¼ cups	2½ cups
vegetable stock	1 cube	2 cubes
lemon	1/2	1
Greek yoghurt	<b>1 packet</b> (100g)	<b>1 packet</b> (200g)
salmon	1 packet	2 packets
mint	1 bunch	1 bunch

\*Pantry Items

#### Nutrition

	Per Serving	Per 100g
Energy (kJ)	<b>3131kJ</b> (748Cal)	<b>549kJ</b> (131Cal)
Protein (g)	42g	7.4g
Fat, total (g)	32.3g	5.7g
- saturated (g)	7.7g	1.3g
Carbohydrate (g)	66.8g	11.7g
- sugars (g)	24.3g	4.3g
Sodium (mg)	679mg	119mg

#### 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 sweet potato and beetroot (both unpeeled) into 1cm chunks. Cut the brown onion into 2cm wedges. Place the **sweet potato**, **beetroot** and **onion** on an oven tray lined with baking paper. Drizzle with olive oil and sprinkle with the **smoked paprika**. Season with **salt** and pepper. Toss to coat, then roast until tender, 25-30 minutes.

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

**TIP:** Beetroot retains a lot of its firmness when cooked, it's ready when you can easily pierce it with a fork.



### 4. Cook the salmon

Return the frying pan to a medium-high heat with a drizzle of olive oil. Season the salmon with salt and pepper on both sides. When the oil is hot, add the **salmon**, skin-side down, and cook until just cooked through, **3-4 minutes** each side (depending on thickness).

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



## 2. Cook the pearl couscous

In a large frying pan, heat a drizzle of olive oil over a medium-high heat. Add the pearl couscous and toast, stirring occasionally, until golden, 1-2 minutes. Add the water and crumble in the vegetable stock (1 cube for 2 people / 2 cubes for 4 people). Reduce the heat to medium and simmer, stirring occasionally, until the **couscous** is tender and the water is absorbed, 10-12 minutes. Transfer to a large bowl.



# 3. Make the lemon yoghurt

While the pearl couscous is cooking, 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.



# 5. Make the salad

Pick and roughly chop the **mint** leaves. Add the roasted veggies, lemon zest, a drizzle of olive oil and the **mint** (reserve a little for garnish!) to the pearl couscous in the bowl. Season to taste.



## 6. Serve up

Divide the mint pearl couscous and salmon between plates. Drizzle with the lemon voghurt and sprinkle with the reserved mint. Serve with any remaining lemon wedges.

# **Enjoy!**

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