



Seared Salmon & Pearl Couscous

with Roasted Veggies & Lemon Yoghurt

Grab your Meal Kit with this symbol 



Sweet Potato



Beetroot



Brown Onion



Smoked Paprika



Pearl Couscous



Vegetable Stock



Lemon



Greek Yoghurt




Salmon



Mint

 Hands-on: **25-35** mins
Ready in: **35-45** mins

 Eat me first

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!

Pantry items

Olive Oil

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	½	1
Greek yoghurt	1 packet (100g)	1 packet (200g)
salmon	1 packet	2 packets
mint	1 bunch	1 bunch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3131kJ (748Cal)	549kJ (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](https://www.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 yoghurt and sprinkle with the reserved mint. Serve with any remaining lemon wedges.

Enjoy!