



Seared Salmon & Herbed Couscous

with Lemon Yoghurt & Toasted Almonds

Grab your Meal Kit with this symbol



Garlic



Vegetable Stock



Couscous



Tomato



Mint



Spring Onion



Baby Spinach Leaves



Lemon



Greek Yoghurt



Flaked Almonds



Salmon

Hands-on: **15-25** mins
Ready in: **30-40** mins

Couscous speckled with veggies and mint is a winning side dish – it’s fast, fresh and full of flavour. Serve it next to gently seared salmon and lemony yoghurt, then add a sprinkling of toasted almonds for extra goodness and crunch. This meal is a star performer!

Eat me first

Pantry items

Olive Oil, Butter

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

Medium saucepan with a lid · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water* (for the couscous)	¾ cup	1½ cups
vegetable stock	1 cube	2 cubes
couscous	1 packet	2 packets
tomato	1	2
mint	1 bunch	1 bunch
spring onion	1 bunch	1 bunch
baby spinach leaves	1 bag (60g)	1 bag (120g)
lemon	½	1
Greek yoghurt	1 packet (100g)	2 packets (200g)
water* (for the dressing)	2 tsp	1 tbs
flaked almonds	1 packet	2 packets
salmon	1 packet	1 packet
salt*	¼ tsp	½ tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2910kJ (695Cal)	732kJ (175Cal)
Protein (g)	41.5g	10.4g
Fat, total (g)	37.0g	9.3g
- saturated (g)	11.2g	2.8g
Carbohydrate (g)	47.2g	11.9g
- sugars (g)	8.7g	2.2g
Sodium (g)	783mg	197mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Cook the couscous

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **water (for the couscous)** and the crumbled **vegetable stock (1 cube for 2 people / 2 cubes for 4 people)** and bring to the boil. Add the **couscous** and a **drizzle of olive oil**. Stir to combine, place a lid on the saucepan and remove from the heat. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside.



4. Cook the salmon

Heat a medium frying pan over a medium-high heat. Add the **flaked almonds** and cook, tossing, until toasted, **2-3 minutes**. Transfer to a small bowl. Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Pat the **salmon** dry with paper towel and season both sides with a **pinch of salt** and **pepper**. When the oil is hot, add the **salmon** to the pan, skin-side down, and cook until just cooked through, **2-4 minutes** each side (depending on the thickness of the fillet). Transfer to a plate to rest.



2. Get prepped

Finely chop the **tomato**. Pick and roughly chop the **mint** leaves. In a medium bowl, combine the **tomato** and **1/2 the mint** with a **drizzle of olive oil** and a **pinch of salt** and **pepper**. Set aside. Thinly slice the **spring onion**. Roughly chop the **baby spinach leaves**. Zest the **lemon (see ingredients list)** to get a **good pinch**.



5. Bring it all together

While the salmon is resting, add the **spring onion**, **baby spinach**, **lemon zest** and **remaining mint** to the saucepan with the **couscous**. **Drizzle** with a little **olive oil** and mix well to combine. Season with the **salt** and a **pinch of pepper**.



3. Make the lemon yoghurt

In a small bowl, combine the **Greek yoghurt**, a **squeeze of lemon juice** and the **water (for the dressing)**. Season with **salt** and **pepper**, **drizzle** with a little **olive oil** and mix well. Set aside.



6. Serve up

Divide the herbed couscous between plates. Top with the seared salmon and tomato salsa. Spoon over the lemon yoghurt and sprinkle with the toasted almonds.

Enjoy!

TIP: *Patting the skin dry helps it crisp up in the pan!*