

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-Style Yoghurt




Flaked Almonds



Salmon

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

 Calorie Smart

 Eat me first

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 a lemony yoghurt, then add a sprinkling of toasted almonds for extra goodness and crunch. This meal is a star performer!

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	2 stems	4 stems
baby spinach	1 bag	1 bag
leaves (60g)	(120g)	
lemon	½	1
Greek-style 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)	2720kJ (650Cal)	679kJ (162Cal)
Protein (g)	39.5g	9.9g
Fat, total (g)	34.6g	8.6g
- saturated (g)	12.3g	3.1g
Carbohydrate (g)	42.2g	10.5g
- sugars (g)	7.8g	1.9g
Sodium (mg)	819mg	204mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2021 | CW09



Cook the couscous

Finely chop the **garlic**. 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, cover with a lid and remove from the heat. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside, uncovered.



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 a paper towel and season both sides with **salt** and **pepper**. When the oil is hot, cook the **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on the thickness). Remove from the heat to rest.

TIP: *Patting the skin dry helps it crisp up in the pan! Salmon can be served slightly blushing pink in the centre.*



Prep the veggies

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



Bring it all together

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



Make the lemon yoghurt

In a small bowl, combine the **Greek-style 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.



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.

TIP: *For the Calorie Smart option, serve without the toasted almonds.*

Enjoy!