



Seared Salmon & Pearl Couscous Salad

with Roast Veggies, Lime Yoghurt & Mint

Grab your Meal Kit with this symbol



Potato



Carrot



Brown Onion



Smoked Paprika



Pearl Couscous



Vegetable Stock Powder



Lime



Greek-Style Yoghurt



Salmon



Mint

Hands-on: 20-30 mins
Ready in: 35-45 mins

Eat Me First

Pearl couscous is a treat to eat. The small, slightly chewy balls have a toasty flavour that works beautifully with the naturally sweet roasted veggies and creamy lime yoghurt. Topped with succulent salmon, this is a gem of a dish!

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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
potato	1	2
carrot	1	2
brown onion	1	2
smoked paprika	1 sachet	2 sachets
pearl couscous	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
lime	½	1
Greek-style yoghurt	1 medium packet	1 large packet
salmon	1 small packet	1 large packet
mint	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3278kJ (783Cal)	557kJ (133Cal)
Protein (g)	44.9g	7.6g
Fat, total (g)	31.8g	5.4g
- saturated (g)	6.7g	1.1g
Carbohydrate (g)	74.5g	12.7g
- sugars (g)	18.4g	12.7g
Sodium (mg)	608mg	103mg

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](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.



Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Boil the kettle. Cut the **potato** and **carrot** into bite-sized chunks. Cut the **brown onion** into thick wedges. Place the prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with the **smoked paprika** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between the veggies two trays.



Cook the salmon

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Pat the **salmon** dry with paper towel, then season both sides. Cook the **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side.

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



Cook the pearl couscous

In a large saucepan, heat a drizzle of **olive oil** over a medium-high heat. Toast the **pearl couscous**, stirring occasionally, until golden, **1-2 minutes**. Half-fill the saucepan with **boiling water**, then add a pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**. Drain, rinse and transfer to a large bowl. Add the **vegetable stock powder** and a drizzle of **olive oil**, stirring to combine. Cover to keep warm.



Make the salad

While the salmon is cooking, pick and roughly chop the **mint** leaves. To the bowl with the **couscous**, add the roasted **veggies**, **lime zest**, a drizzle of **olive oil** and the **mint** (reserve a little for garnish!). Gently stir to combine. Season to taste.



Make the lime yoghurt

While the couscous is cooking, zest the **lime** to get a pinch, then slice into wedges. In a small bowl, combine the **Greek-style yoghurt** and a generous squeeze of **lime juice**. Season to taste and set aside.



Serve up

Divide the pearl couscous salad between plates. Top with the seared salmon. Garnish with the reserved mint. Serve with a dollop of lime yoghurt and any remaining lime wedges.

Enjoy!

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