



# Seared Salmon & Roast Veggie Couscous

with Lemon-Butter Sauce

Grab your Meal Kit  
with this symbol



Carrot



Beetroot



Zucchini



Slivered Almonds



Garlic



Lemon



Parsley



Greek Yoghurt



Vegetable Stock



Couscous



Salmon

Hands-on: **25-35** mins  
 Ready in: **30-40** mins

Eat me first

Salmon is a robust fish with a great flavour, so it can handle the decked-out couscous we're serving it with. The humble grain becomes a spectacular side with the addition of sweet roast veggies, a zesty hit of lemon and slivered almonds.

## Pantry items

Olive Oil, Butter, Honey



## 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 · Medium frying pan · Medium saucepan with a lid

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
beetroot	1	2
zucchini	1	2
slivered almonds	1 packet	2 packets
garlic	2 cloves	4 cloves
lemon	½	1
parsley	1 bag	1 bag
Greek yoghurt	1 packet (100g)	2 packets (200g)
water*	¾ cup	1½ cups
vegetable stock	1 cube	2 cubes
couscous	1 packet	2 packets
butter*	40g	80g
honey*	½ tsp	1 tsp
salmon	1 small packet	1 large packet

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3966kJ (947Cal)	631kJ (150Cal)
Protein (g)	45.1g	7.2g
Fat, total (g)	56.8g	9g
- saturated (g)	19g	3g
Carbohydrate (g)	58.5g	9.3g
- sugars (g)	24g	3.8g
Sodium (mg)	683mg	109mg

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://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 **carrot** and **beetroot** (both unpeeled) into 1cm chunks. Cut the **zucchini** into 2cm chunks. Place the **carrot**, **zucchini** and **beetroot** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **good pinch** of **salt** and **pepper**. Toss to coat. Spread in a single layer and roast until tender, **20-25 minutes**. In the last **5 minutes** of roasting, add the **slivered almonds** to the baking tray and roast until golden.

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



## 2. Get prepped

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). Zest the **lemon** to get a **good pinch**, then slice into wedges. Finely chop the **parsley** leaves. In a medium frying pan, heat **olive oil** (**2 tsp for 2 people / 1 tbs for 4 people**) and the **garlic** over a medium-high heat. Cook until fragrant, **1 minute**. Transfer to a small bowl. Add the **Greek yoghurt** to the **garlic oil mixture** and combine. Season to taste.



## 3. Cook the couscous

Add the water to a medium saucepan, crumble in the **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. Set aside until the water is absorbed, **5 minutes**. Fluff up with a fork and add the **lemon zest**, a **good squeeze of lemon juice** and a **pinch of pepper**. Stir to combine and set aside uncovered.



## 4. Make the lemon-butter sauce

While the couscous is cooking, return the frying pan to a medium heat. Add the **butter**, stirring, until slightly brown with a nutty aroma, **3-4 minutes**. Remove from the heat immediately and pour into small bowl. Add the **honey**, **parsley**, a **pinch of salt** and **pepper** and a **good squeeze of lemon juice**. Stir to combine.



## 5. Cook the salmon

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 thickness). Remove from the heat.

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



## 6. Serve up

Stir the roasted veggies and slivered almonds through the couscous. Divide the roast veggie couscous between bowls and top with the salmon. Drizzle over the lemon-butter sauce and serve with the garlic yoghurt.

## Enjoy!