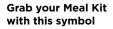


# Seared Salmon & Roast Veggie Couscous

with Lemon-Butter Sauce















**Slivered Almonds** 









**Greek Yoghurt** 





Vegetable Stock





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



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	1/2	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

<sup>\*</sup>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 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.

**Eniov!**