



# Pan-Seared Salmon

with Chermoula Couscous & Dijon Yoghurt

Grab your Meal Kit with this symbol



Vegetable Stock



Couscous



Chermoula Spice Blend



Apple



Dijon Mustard



Greek Yoghurt



Walnuts




Salmon



Mixed Salad Leaves

 Hands-on: **15-25 mins**  
Ready in: **25-35 mins**

 Eat me first

Tonight we're letting salmon shine by pairing it with a simple salad and spiced chermoula couscous. Chermoula is often paired with seafood as it's big on earthy herby flavours, spice and zest. It's a winning combination!

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic), 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

Medium saucepan with lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	¾ cup	1½ cups
vegetable stock	½ cube	1 cube
couscous	1 packet	2 packets
chermoula spice blend	¼ sachet	½ sachet
apple	1	2
Dijon mustard	1 tub (15g)	2 tubs (30g)
Greek yoghurt	½ packet (50g)	1 packet (100g)
walnuts	1 packet	2 packets
salmon	1 packet	2 packets
vinegar* (white wine or balsamic)	3 tsp	1½ tbs
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2901kJ (693Cal)	877kJ (209Cal)
Protein (g)	39.6g	12g
Fat, total (g)	38.4g	11.6g
- saturated (g)	7.3g	2.2g
Carbohydrate (g)	45.1g	13.6g
- sugars (g)	11g	3.3g
Sodium (mg)	498mg	151mg

## 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.



## Make the couscous

In a medium saucepan, combine the **water** and crumbled **vegetable stock** (1/2 cube for 2 people / 1 cube for 4 people). Bring to the boil. Add the **couscous**, **chermoula spice blend** (see ingredients) and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside, uncovered.



## Get prepped

While the couscous is cooking, thinly slice the **apple**. In a small bowl, combine the **Dijon mustard** and **Greek yoghurt** (see ingredients). Season with **salt** and **pepper** and mix to combine.

**TIP:** *Dijon mustard can be a strong flavour, feel free to use less if you prefer!*



## Toast the walnuts

Heat a large frying pan over a medium-high heat. Add the **walnuts** and toast, tossing, until fragrant, **3-4 minutes**. Transfer to a plate and set aside.



## 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 **salt** and **pepper**. When the oil is hot, cook the **salmon**, skin-side down first, until just cooked through, **2-4 minutes** on each side (depending on thickness).

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



## Make the salad

In a medium bowl, combine the **vinegar**, **honey** and **olive oil** (1 tbs for 2 people / 2 tbs for 4 people). Season with **salt** and **pepper**. Add the **mixed salad leaves**, **apple** and **walnuts** to the dressing and toss to coat.



## Serve up

Divide the chermoula couscous between plates and top with the salmon. Drizzle with the Dijon yoghurt and serve with the salad.

Enjoy!