



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-Style 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-style 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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2888kJ (690Cal)	873kJ (208Cal)
Protein (g)	39.1g	11.8g
Fat, total (g)	38.4g	11.6g
- saturated (g)	7.3g	2.2g
Carbohydrate (g)	45.2g	13.7g
- sugars (g)	11.2g	3.4g
Sodium (mg)	494mg	149mg

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 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** (1 tsp for 2 people / 2 tsp for 4 people) 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-style 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 large 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).



Make the salad

In a medium bowl, combine the **vinegar**, **honey** and a drizzle of **olive oil**. 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 the salad on the side.

Enjoy!