



Dukkah-Crusted Salmon & Yoghurt

with Veggie-Loaded Currant Couscous

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Green Beans



Carrot



Garlic



Salmon



Dukkah



Greek-Style Yoghurt



Chicken-Style Stock Powder



Currants



Couscous



Baby Spinach Leaves



Chicken Breast

Prep in: 25-35 mins
Ready in: 30-40 mins

Calorie Smart

Eat Me Early

You can truly throw just about anything into a couscous and watch the magic happen, but we're putting on a real show tonight with a blushing slice of salmon, crusted in dukkah. Make sure not to miss our hidden trick with the currants (psst, they're tossed in the couscous), they're the closing act to go alongside the salmon.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2
garlic	3 cloves	6 cloves
salmon	1 packet	2 packets
dukkah	1 sachet	2 sachets
Greek-style yoghurt	1 medium packet	1 large packet
butter*	20g	40g
chicken-style stock powder	1 medium sachet	1 large sachet
currants	1 medium packet	1 large packet
water*	¾ cup	1½ cups
couscous	1 packet	1 packet
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2712kJ (648Cal)	683kJ (163Cal)
Protein (g)	40.3g	10.1g
Fat, total (g)	30.5g	7.7g
- saturated (g)	6.1g	1.5g
Carbohydrate (g)	55.1g	13.9g
- sugars (g)	13g	3.3g
Sodium (mg)	966mg	243mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2204kJ (526Cal)	523kJ (125Cal)
Protein (g)	45.5g	10.8g
Fat, total (g)	14.4g	3.4g
- saturated (g)	3.7g	0.9g
Carbohydrate (g)	55.1g	13.1g
- sugars (g)	13g	3.1g
Sodium (mg)	1002mg	238mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Trim and halve **green beans**. Grate the **carrot**. Finely chop **garlic**.
- Pat **salmon** dry with paper towel.
- In a medium bowl, combine **salmon**, **dukkah**, a drizzle of **olive oil** and a pinch of **salt**.

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

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks. Add chicken to the dukkah as above and turn to coat.



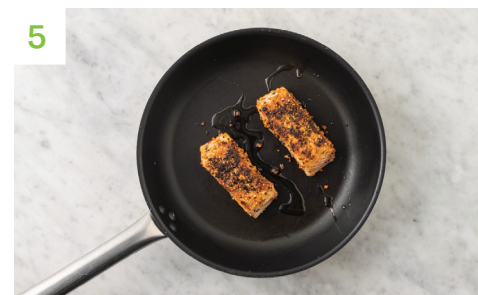
Make the couscous

- Add **chicken-style stock powder**, **currants** and the **water**, then bring to the boil. Add **couscous** and stir to combine.
- Cover with a lid and remove from heat. Set aside until water has absorbed, **5 minutes**. Fluff up with a fork.



Make the garlic yoghurt

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook half the **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste. Set aside.



Cook the salmon

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side.
- Transfer to a plate and cover to keep warm.

Custom Recipe: Heat the pan as above and cook chicken until cooked through, 3-5 minutes each side.



Cook the veggies

- In a medium saucepan, heat the **butter** with a drizzle of **olive oil** over medium-high heat.
- Cook **green beans** and **carrot** until tender, **2-3 minutes**.
- Add remaining **garlic** and cook until fragrant, **1 minute**.



Serve up

- To the saucepan with the couscous, add **baby spinach leaves** and a drizzle of **white wine vinegar**. Season to taste.
- Divide veggie-loaded currant couscous between plates. Top with dukkah-crusting salmon
- Dollop with garlic yoghurt to serve. Enjoy!

Rate your recipe

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