



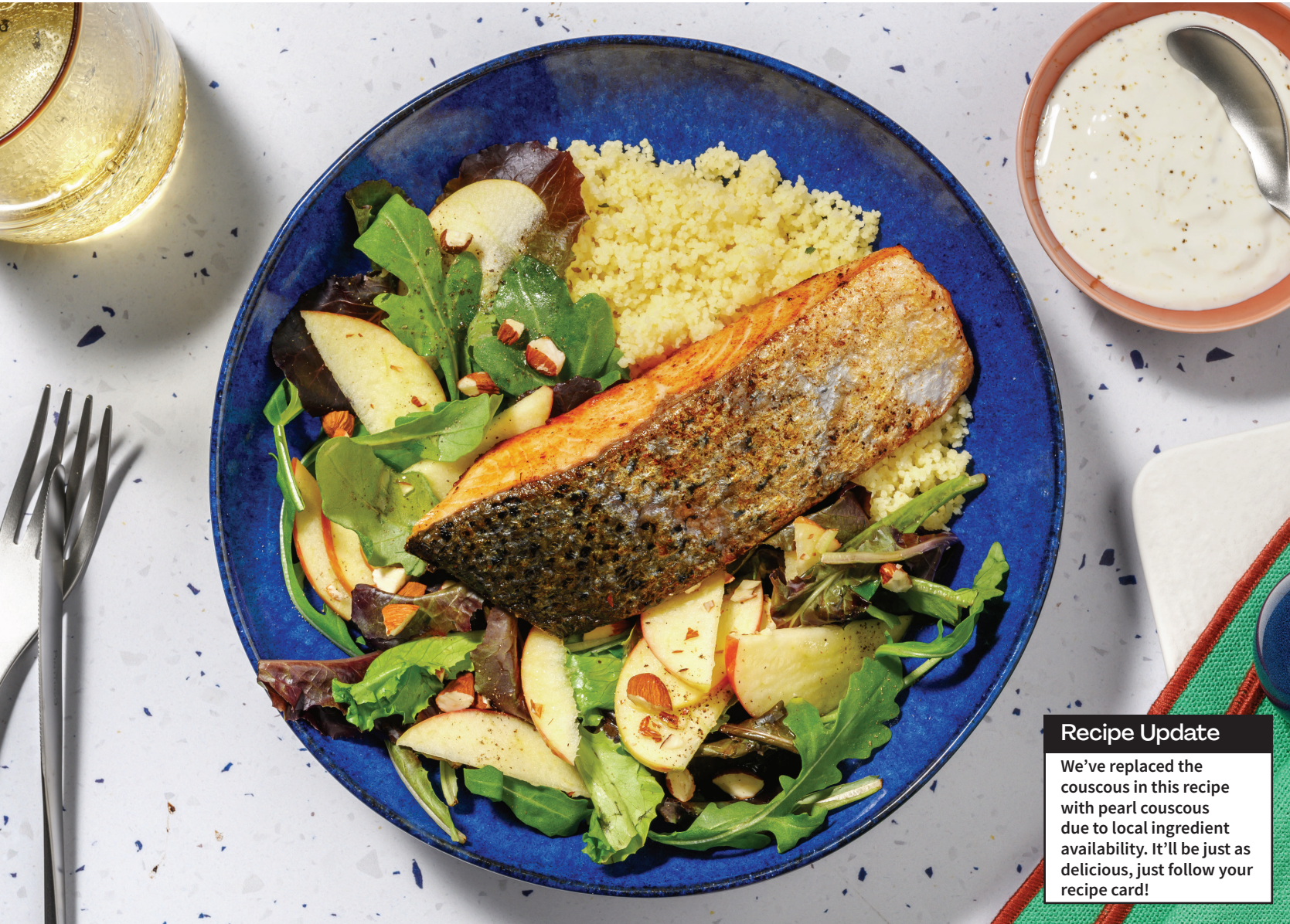
Chermoula Pan-Seared Salmon

with Pearl Couscous & Lemon Yoghurt

NEW

Grab your meal kit with this number

6



Pearl (Israeli) Couscous



Vegetable Stock Powder



Apple



Lemon



Roasted Almonds



Salmon



Greek-Style Yoghurt



Chermoula Spice Blend



Mixed Salad Leaves



Chicken Breast



Salmon

Recipe Update

We've replaced the couscous in this recipe with pearl couscous due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 15-25 mins
Ready in: 25-35 mins

Protein Rich

Eat Me Early

It's fish tonight and on the menu we have luxurious salmon, seared, spiced and smothered with a zappy lemon yoghurt. Let's not stop there though, a nutty apple salad and fluffy pearl couscous elevate the dish with flavour and nutrition. You'll want your salmon like this for every meal!

Pantry items

Olive Oil, Honey, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Medium saucepan · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pearl (Israeli) couscous	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
apple	1	2
lemon	½	1
roasted almonds	1 packet	2 packets
salmon	1 packet	2 packets
Greek-style yoghurt	½ medium packet	1 medium packet
chermoula spice blend	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
mixed salad leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2933kJ (701Cal)	826kJ (197Cal)
Protein (g)	40.8g	11.5g
Fat, total (g)	36.4g	10.2g
- saturated (g)	5.9g	1.7g
Carbohydrate (g)	49.1g	13.8g
- sugars (g)	12.3g	3.5g
Sodium (mg)	960mg	270mg
Dietary Fibre (g)	6.3g	1.8g

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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Make the pearl couscous

- Boil the kettle.
- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Toast **pearl couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill saucepan with **boiling water**, then add a pinch of salt. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**.
- Drain and return to the pan. Stir through **vegetable stock powder** and a drizzle of **olive oil**.



Cook the salmon

- In a medium frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, add **salmon**, skin-side down, to the pan and cook for **2-4 minutes** on each side (depending on thickness), or until just cooked through.
- Remove pan from heat and add the **honey**, tossing **salmon** to coat.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!



Get prepped

- While the couscous is cooking, thinly slice **apple**. Zest **lemon** to get a pinch, then slice into wedges. Roughly chop **roasted almonds**. Pat **salmon** dry.
- In a small bowl, combine a squeeze of **lemon juice**, **lemon zest** and **Greek-style yoghurt**. Season with **salt** and **pepper** and mix to combine.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. In a medium bowl, combine **chermoula spice blend**, a drizzle of **olive oil** and a pinch of **salt**. Add **salmon** and toss to coat.



Serve up

- In a medium bowl, combine **mixed salad leaves**, apple, roasted almonds, a drizzle of **white wine vinegar** and olive oil. Season.
- Divide pearl couscous and apple salad between bowls and top with chermoula pan-seared salmon.
- Serve with lemon yoghurt. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW32



CUSTOM OPTIONS



SWAP CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



DOUBLE SALMON

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

