



Seared Salmon & Roasted Veggie Couscous

with Garlic Yoghurt & Parsley

NEW

Grab your meal kit with this number

6



Garlic



Carrot



Parsnip



Onion



Pearl (Israeli) Couscous



Lemon Pepper Spice Blend



Greek-Style Yoghurt



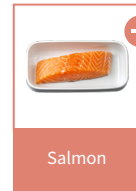
Salmon



Baby Leaves



Parsley



Salmon



Chicken Breast

Recipe Update

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

Prep in: 25-35 mins
Ready in: 40-50 mins

Calorie Smart

Protein Rich

Eat Me Early

Pearl couscous might just be our favourite grain, providing a fluffy base to any dish! This time its paired with roasted veggies and a garlic-spiked oil to provide loads of flavour, with a blushing pink salmon fillet sitting on top. Grab a fork and dive right in.

Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
carrot	1	2
parsnip	1	2
onion	½	1
pearl (Israeli) couscous	1 packet	2 packets
lemon pepper spice blend	½ medium sachet	1 medium sachet
greek-style yoghurt	1 medium packet	1 large packet
salmon	1 packet	2 packets
baby leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2697kJ (645cal)	272kJ (65cal)
Protein (g)	40.4g	4.1g
Fat, total (g)	31.3g	3.2g
- saturated (g)	5.8g	0.6g
Carbohydrate (g)	50.2g	5.1g
- sugars (g)	11.7g	1.2g
Sodium (mg)	1004mg	101.1mg
Dietary Fibre (g)	15.9g	1.6g

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.



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Finely chop **garlic**. Cut **carrot** and **parsnip** into bite-size chunks. Cut **onion** (see ingredients) into wedges.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, then roast until tender, **20-25 minutes**.



Cook the salmon

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Pat **salmon** dry with paper towel and season both sides.
- When **oil** is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side.

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



Cook the pearl couscous

- When the veggies have **15 minutes** remaining, heat a medium saucepan over medium-high heat with a drizzle of **olive oil**. 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 with a drizzle of **olive oil**. Stir through **lemon pepper spice blend**. Season to taste.



Bring it all together

- Add the **roasted veggies**, **baby leaves**, remaining **garlic oil** and a drizzle of **white wine vinegar** to the pan of couscous. Gently stir to combine and season to taste.



Make the garlic yoghurt

- Meanwhile, in a small microwave-safe bowl, place the **garlic** and a generous drizzle of **olive oil**. Microwave in **10 second** bursts or until warmed through.
- Transfer half the **garlic oil** to another small bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste and set aside.



Serve up

- Divide roasted veggie couscous between bowls.
- Top with seared salmon.
- Drizzle with garlic yoghurt and tear over **parsley** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW36



CUSTOM OPTIONS



DOUBLE SALMON

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

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

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

