

Chermoula Salmon & Leafy Garlic Rice

with Roasted Veggies & Lemon Yoghurt

NEW

Grab your meal kit with this number

6



Courgette



Carrot



Garlic



Jasmine Rice



Chermoula Spice Blend



Greek-Style Yoghurt



Salmon



Slivered Almonds



Lemon



Baby Leaves



Salmon



Peeled Pumpkin Diced

Recipe Update

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

Prep in: 30-40 mins
Ready in: 35-45 mins

- Carb Smart
- Protein Rich

Eat Me Early

Seared pink salmon has got to be the fanciest fish in the sea, elegant and fresh. Tonight, we've tossed it in our chermoula-spice blend, lending a bright and zesty flavour. Laid atop a bed of leafy garlic rice with a rainbow of roast veg, this simple and flavourful meal allows the salmon to shine!

Pantry items
Olive Oil, Butter

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
courgette	1	2
carrot	1	2
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
chermoula spice blend	1 medium sachet	2 medium sachets
Greek-style yoghurt	½ medium packet	1 medium packet
salmon	1 packet	2 packets
slivered almonds	1 packet	2 packets
lemon	½	1
baby leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2582kJ (617cal)	241kJ (58cal)
Protein (g)	36.6g	3.4g
Fat, total (g)	35.7g	3.3g
- saturated (g)	8.3g	0.8g
Carbohydrate (g)	35g	3.3g
- sugars (g)	8.7g	0.8g
Sodium (mg)	2538mg	236.8mg
Dietary Fibre (g)	7.3g	0.7g

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

2024 | CW40



Roast the veggies

- Preheat the oven to **220°C/200°C fan-forced**.
- Slice **courgette** into 1cm half-moons.
- Cut **carrot** into 1cm chunks.
- Place the **veggies** on a lined oven tray, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then arrange in a single layer and roast until tender, **20-25 minutes**.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



Cook the salmon

- When the rice has **10 minutes remaining**, heat a large frying pan over medium-high heat. Add **slivered almonds** and toast until golden, **3-4 minutes**. Transfer to a bowl.
- Return the frying pan with a drizzle of **olive oil** over medium-high heat.
- When the oil is hot, add **salmon** to the pan, skin side down, and cook until just cooked through, **2-4 minutes** each side (depending on thickness).



Cook the rice

- While the veggies are roasting, finely chop the **garlic** (or use a garlic press).
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**.
- Add **jasmine rice**, the **water** and the **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



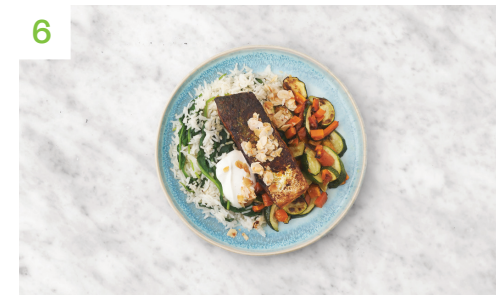
Prep the yoghurt

- Meanwhile, zest **lemon (see ingredients)** to get a pinch, then slice into wedges.
- In a small bowl, combine the remaining **Greek-style yoghurt**, the **lemon zest**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**.
- When the rice is done, stir through **baby leaves**.



Flavour the salmon

- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! Meanwhile, in a medium bowl, combine **chermoula spice blend**, half the **Greek-style yoghurt**.
- Season with a pinch of **salt** and **pepper**, then add **salmon** and turn to coat. Set aside.



Serve up

- Divide leafy garlic rice between plates and top with the roasted veggies, chermoula salmon and lemon yoghurt.
- Squeeze over the lemon wedges to serve. Garnish with slivered almonds. Enjoy!

CUSTOM OPTIONS



DOUBLE SALMON

Follow method above, cooking in batches if necessary.



ADD PUMPKIN PEELED DICED

Roast following method above until tender, 20-25 minutes.

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

