

# Dukkah-Crusted Salmon

with Veggie-Loaded Cumin Couscous

NEW

Grab your Meal Kit with this symbol



Capsicum



Carrot



Garlic



Dukkah



Chicken-Style Stock Powder



Currants



Couscous



Baby Spinach Leaves



Salmon



Greek-Style Yoghurt



Chicken Breast

**Keep an eye out...**

Due to recent sourcing challenges, we've replaced green beans with capsicum, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

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



Calorie Smart\*  
\*Custom Recipe only



Eat Me First

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

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

Large frying pan · Medium saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
capsicum	1	2
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
<b>butter*</b>	20g	40g
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
currants	1 medium packet	1 large packet
<b>water*</b>	¾ cup	1½ cups
couscous	1 packet	1 packet
baby spinach leaves	1 small bag	1 medium bag
<b>white wine vinegar*</b>	drizzle	drizzle
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3080kJ (736Cal)	734kJ (175Cal)
Protein (g)	41.4g	9.9g
Fat, total (g)	39.7g	9.5g
- saturated (g)	11.9g	2.8g
Carbohydrate (g)	55.8g	13.3g
- sugars (g)	13.4g	3.2g
Sodium (mg)	1007mg	240mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2534kJ (606Cal)	577kJ (138Cal)
Protein (g)	45.9g	10.4g
Fat, total (g)	23g	5.2g
- saturated (g)	9.4g	2.1g
Carbohydrate (g)	55.8g	12.7g
- sugars (g)	13.4g	3g
Sodium (mg)	1041mg	237mg

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://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

- Thinly slice **capsicum**. 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 breast and slice through horizontally to make two thin steaks. Add chicken to the dukkah as above and turn to coat.



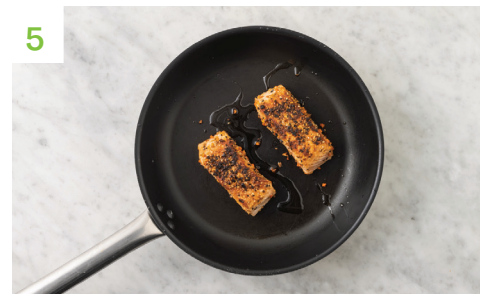
## Finish the couscous

- 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 1/2 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

- See Air Fryer Tips (below)!**
- 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 steaks until cooked through, 3-5 minutes each side.

## Use an air fryer!

- Set your air fryer to 200°C. Season salmon as above.
- Place salmon skin-side up into air fryer basket and cook until just cooked through, 10-12 minutes.



## Start the couscous

- In a medium saucepan, heat the **butter** with a drizzle of **olive oil** over medium-high heat.
- Cook **capsicum** 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-crusted salmon
- Dollop with garlic yoghurt to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)