



# Seared Honey Salmon & Couscous Tabbouleh

with Garlic Dip & Pumpkin Seeds

Grab your Meal Kit with this symbol



Vegetable Stock Powder



Couscous



Tomato



Cucumber



Spring Onion



Parsley



Lemon



Pumpkin Seeds (Pepitas)



Salmon



Garlic Dip

Hands-on: 15-25 mins  
Ready in: 30-40 mins

Eat Me First

Couscous tabbouleh is a winning side dish – it's fast, fresh and full of flavour. Serve it next to gently seared salmon and garlic dip, plus add a sprinkling of roasted seeds for extra goodness and crunch. This meal is a star performer!

### Pantry items

Olive Oil, Honey



## 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 packet	1 packet
tomato	1	2
cucumber	1 (medium)	1 (large)
spring onion	1 stem	2 stems
parsley	1 bag	1 bag
lemon	½	1
pumpkin seeds (pepitas)	1 sachet	2 sachets
salmon	1 packet	2 packets
honey*	½ tbs	1 tbs
garlic dip	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3198kJ (764Cal)	761kJ (182Cal)
Protein (g)	39.4g	9.4g
Fat, total (g)	46.1g	11g
- saturated (g)	6.6g	1.6g
Carbohydrate (g)	46.1g	11g
- sugars (g)	10.5g	2.5g
Sodium (mg)	642mg	153mg

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.



## Cook the couscous

In a medium saucepan, combine the **water** and **vegetable stock powder** and bring to the boil. Add the **couscous** and stir to combine. Cover with a lid and remove from the heat. Set aside until the water has absorbed, **5 minutes**. Fluff up with a fork.



## Get prepped

Finely chop the **tomato** and **cucumber**. Thinly slice the **spring onion**. Finely chop the **parsley**. Slice the **lemon** into wedges.



## Toast the pumpkin seeds

Heat a large frying pan over a medium-high heat. Toast the **pumpkin seeds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl.



## Cook the salmon

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Pat the **salmon** dry with paper towel and season both sides with **salt** and **pepper**. When the oil is hot, cook the **salmon**, skin-side down first, until just cooked through, **2-4 minutes** on each side (depending on thickness). Remove from the heat, then add the **honey** and gently turn the salmon to coat. Transfer to a plate to rest.

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



## Bring it all together

While the salmon is resting, add the **tomato**, **cucumber**, **spring onion**, **parsley**, and a squeeze of **lemon juice** to the couscous. Drizzle with **olive oil** and stir to combine. Season to taste.

**TIP:** *Add as little or as much lemon juice as you like depending on your taste.*



## Serve up

Divide the couscous tabbouleh between bowls. Top with the seared honey salmon, squeezing over any remaining lemon juice. Spoon over the **garlic dip**. Sprinkle with the toasted pumpkin seeds to serve.

## Enjoy!