



# Seared Salmon & Pearl Couscous

with Roasted Veggies & Lemon Yoghurt

Grab your Meal Kit with this symbol



Sweet Potato



Beetroot



Brown Onion



Smoked Paprika



Pearl Couscous



Vegetable Stock



Lemon



Greek-Style Yoghurt



Salmon



Mint

 Hands-on: 25-35 mins  
 Ready in: 35-45 mins

 Eat me first

Not just a pretty name, pearl couscous is downright delicious to eat. The small, slightly chewy balls have a toasty flavour that works beautifully with roasted sweet potato and beetroot. Topped with succulent salmon, this is a gem of a dish!

## Pantry items

Olive Oil

## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
beetroot	1	2
brown onion	1	2
smoked paprika	1 sachet	2 sachets
pearl couscous	1 packet	2 packets
water*	1¼ cups	2½ cups
vegetable stock	1 cube	2 cubes
lemon	½	1
Greek-style yoghurt	1 packet (100g)	1 packet (200g)
salmon	1 packet	2 packets
mint	1 bunch	1 bunch

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3131kJ (748Cal)	549kJ (131Cal)
Protein (g)	42g	7.4g
Fat, total (g)	32.3g	5.7g
- saturated (g)	7.7g	1.3g
Carbohydrate (g)	66.8g	11.7g
- sugars (g)	24.3g	4.3g
Sodium (mg)	679mg	119mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) and **beetroot** into 1cm chunks. Cut the **brown onion** into 2cm wedges. Place the **sweet potato**, **beetroot** and **onion** on an oven tray lined with baking paper. Drizzle with **olive oil** and sprinkle with the **smoked paprika**. Season with **salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.

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

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



## Cook the salmon

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Season the **salmon** with **salt** and **pepper** on both sides. When the oil is hot, cook the **salmon**, skin-side down first, until just cooked through, **3-4 minutes** each side (depending on thickness).

**TIP:** Salmon can be served slightly blushing in the centre.



## Cook the pearl couscous

While the veggies are roasting, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **pearl couscous** and toast, stirring occasionally, until golden, **1-2 minutes**. Add the **water** and crumble in the **vegetable stock** (1 cube for 2 people / 2 cubes for 4 people). Reduce the heat to medium and simmer, stirring occasionally, until the couscous is tender and the water is absorbed, **10-12 minutes**. Transfer to a large bowl.



## Bring it all together

Pick and roughly chop the **mint** leaves. Add the **roasted veggies**, **lemon zest**, a drizzle of **olive oil** and the **mint** (reserve a little for garnish!) to the **pearl couscous**. Season to taste.



## Make the lemon yoghurt

While the pearl couscous is cooking, zest the **lemon** to get a pinch, then slice into wedges. In a small bowl, combine the **Greek-style yoghurt** and a generous squeeze of **lemon juice**. Season to taste.



## Serve up

Divide the mint pearl couscous and seared salmon between plates. Drizzle with the lemon yoghurt and sprinkle with the reserved mint. Serve with any remaining lemon wedges.

## Enjoy!