



SEARED SALMON & ROAST VEGGIE COUSCOUS

with Lemon-Butter Sauce



Add roast veggies
to couscous



Carrot



Beetroot



Zucchini



Slivered Almonds



Garlic



Lemon



Parsley



Greek Yogurt



Vegetable Stock



Couscous



Salmon

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Eat me first

Low calorie

Salmon is a robust fish with a great flavour, so it can handle the decked-out couscous we're serving it with. The humble grain becomes a spectacular side with the addition of sweet roast veggies, a zesty hit of lemon and slivered almonds.

Pantry Staples: Olive Oil, Butter, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium saucepan** with a **lid** • **medium frying pan**



1 ROAST THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **carrot** and **beetroot** (both unpeeled) into 1cm chunks. Cut the **zucchini** into 2cm chunks. Place the **carrot**, **beetroot** and **zucchini** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **good pinch** of **salt** and **pepper** and toss to coat. Spread in a single layer and roast until tender, **20-25 minutes**. In the last **5 minutes** of cooking, add the **slivered almonds** to the tray and roast until golden. **TIP:** *Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when it can be easily pierced with a fork.*



4 MAKE THE SAUCE

While the couscous is cooking, return the frying pan to a medium heat. Add the **butter** and stir occasionally until melted and slightly brown with a nutty aroma, **3-4 minutes**. Immediately remove from the heat and pour into a small bowl. Add the **honey**, **parsley**, a **good squeeze** of **lemon juice** and a **pinch** of **salt** and **pepper** and stir to combine.



2 GET PREPPED

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). Zest the **lemon** (see ingredients list) and slice into wedges. Finely chop the **parsley**. In a medium frying pan, heat **olive oil** (**2 tsp for 2 people / 1 tbs for 4 people**) and the **garlic** over a medium-high heat. Cook until fragrant, **1 minute**. Transfer to a small bowl and allow to cool for **5 minutes**. Add the **Greek yoghurt** and whisk with a fork to combine. Season to taste with **salt** and **pepper**. Set aside.



5 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**. **TIP:** *Patting the skin dry helps it crisp up in the pan!* When the oil is hot, add the **salmon** to the pan, skin-side down, and cook until just cooked through, **2-4 minutes** each side (depending on thickness). Remove from the heat.



3 PREPARE THE COUSCOUS

Add the **water** to a medium saucepan, crumble in the **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**) and bring to the boil. Add the **couscous** and a **drizzle** of **olive oil**. Stir to combine, then cover with a lid and remove from the heat. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork, then add the **lemon zest**, a **good squeeze** of **lemon juice** and a **pinch** of **pepper** and stir to combine. Set aside, uncovered.



6 SERVE UP

Stir the roasted veggies and slivered almonds through the couscous. Divide the roast veggie couscous among plates and top with the salmon. Drizzle with the lemon-butter sauce and garlic yoghurt. **TIP:** *For the low-calorie option, serve without the lemon-butter sauce and garlic yoghurt.*

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
carrot	1	2
beetroot	1	2
zucchini	1	2
slivered almonds	1 packet	2 packets
garlic	2 cloves	4 cloves
lemon	½	1
parsley	1 bag	1 bag
Greek yoghurt	1 packet (100g)	2 packets (200g)
water*	¾ cup	1½ cups
vegetable stock	1 cube	2 cubes
couscous	1 packet	2 packets
butter*	40g	80g
honey*	½ tsp	1 tsp
salmon	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2270kJ (543Cal)	505kJ (121Cal)
Protein (g)	39.4g	8.8g
Fat, total (g)	18.7g	4.2g
- saturated (g)	2.8g	0.6g
Carbohydrate (g)	49.4g	11.0g
- sugars (g)	12.0g	2.7g
Sodium (g)	532mg	118mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2019 | WK50

