



STEAMED SALMON PARCELS

with Mediterranean Couscous and Zesty Yoghurt



Steam salmon in a parcel



Zucchini



Lemon



Oregano



Thyme



Garlic



Cherry Tomatoes



Salmon



Oregano Citrus Spice Blend



Vegetable Stock



Couscous



Greek Yoghurt

Hands-on: **20** mins
Ready in: **35** mins

Eat me early

F Low calorie

This dish makes it easy to see why the Mediterranean diet is one of the healthiest in the world. With an abundance of healthy fats, salmon, grains and vegetables – and loads of flavour... now this is a diet we could certainly get used to!

Pantry Staples: Olive Oil, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, two oven trays** (one lined with **baking paper**), **lemon zester, garlic crusher, medium bowl, aluminium foil, spoon, medium saucepan** with a **lid, fork** and a **small bowl**.



1 BAKE THE ZUCCHINI

Preheat the oven to **220°C/200°C fan-forced**. Slice the **zucchini** into 1 cm batons and place on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Arrange in a single layer and transfer to the oven to cook for **18-20 minutes**, or until tender. **TIP:** *The zucchini is roasted outside of the parcel so it doesn't go soggy!*



4 MAKE THE COUSCOUS

While the salmon parcels are cooking, add the **water (for the couscous)** and the **oregano citrus spice blend (use suggested amount)** to a medium saucepan and crumble in the **vegetable stock** cube. Bring to the boil. Add the **couscous** and a **drizzle** of **olive oil**. Stir to combine, place a lid on the saucepan and then remove from the heat. Set aside to stand for **5 minutes**, or until all the water is absorbed. Fluff up with a fork.



2 GET PREPPED

While the zucchini is cooking, zest the **lemon** until you get a **pinch**, then juice. Pick the **oregano** and **thyme** leaves. **TIP:** *Slide your fingers down the thyme stem to easily remove the leaves!* Peel and crush the **garlic**. Slice the **cherry tomatoes** in half. In a medium bowl, combine the oregano, thyme, garlic, cherry tomatoes and **lemon juice (1 tbs for 2 people / 2 tbs for 4 people)**. Add a **drizzle** of **olive oil**, a **pinch** of **salt** and **pepper** and toss well.



5 MAKE THE ZESTY YOGHURT

In a small bowl, combine the **Greek yoghurt, honey, water (for the yoghurt)**, a **pinch** of **lemon zest** and a **pinch** of **salt** and **pepper**.



3 COOK THE SALMON PARCELS

Cut two pieces of aluminium foil at 30 cm long. Season both sides of the **salmon** fillet with **salt** and **pepper** and put in the middle of the foil. Spoon a portion of the **cherry tomato mix** over the salmon. Bring together the sides of the foil and squeeze together to seal closed. Repeat with the remaining salmon and tomato mix. Place the parcels on a second oven tray and bake in the oven for **10-12 minutes**, or until the salmon is just cooked through.



6 SERVE UP

Divide the Mediterranean couscous between plates. Carefully unwrap the steamed salmon parcels. **TIP:** *Be careful the steam will be hot!* Top the couscous with the salmon, cherry tomatoes and roasted zucchini. Spoon over any juices from the parcel. Dollop over the zesty yoghurt.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
zucchini	1	2
lemon	1	2
oregano	1 bunch	1 bunch
thyme	1 bunch	1 bunch
garlic	1 clove	2 cloves
cherry tomatoes	1 punnet	2 punnets
salmon	1 packet	1 packet
water* (for the couscous)	1 cup	2 cups
oregano citrus spice blend	½ sachet (2 tsp)	¾ sachet (1 tbs)
vegetable stock	1 cube	2 cubes
couscous	1 packet (½ cup)	2 packets (1 cup)
Greek yoghurt	1 tub (100 g)	1 tub (200 g)
honey*	½ tsp	1 tsp
water* (for the yoghurt)	2 tsp	1 tbs

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2070kJ (496Cal)	405kJ (97Cal)
Protein (g)	38.6g	7.6g
Fat, total (g)	13.5g	2.6g
- saturated (g)	3.9g	0.8g
Carbohydrate (g)	50.9g	9.9g
- sugars (g)	11.1g	2.2g
Sodium (g)	597mg	117mg

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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