



Lemon Pepper Salmon with Roast Veggie Couscous

FRESH & FAST

Box to plate: 15 mins

Eat me first

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2997kJ (716Cal) | Protein 41.7g | Fat, total 36.7g - saturated 8.3g | Carbohydrate 56.2g - sugars 15.1g | Sodium 784mg

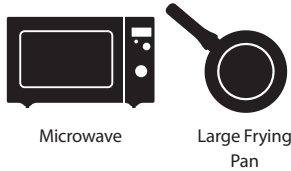
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Get ready

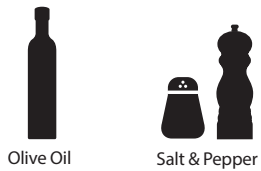
Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You'll need

(along with the basics)



From the pantry



From the cool pouch

	2P	4P
Roasted Pumpkin	1 medium pkt	1 large pkt
Greek-Style Yoghurt	1 medium pkt	1 large pkt
Salmon	1 pkt	2 pkts

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1. Zap



Baby Spinach Leaves



Roasted Pumpkin



Couscous



Vegetable Stock Powder

2. Sizzle



Salmon



Lemon Pepper Spice Blend

3. Serve



Greek-Style Yoghurt



Chargrilled Capsicum Relish

- Boil the kettle
- Roughly chop **baby spinach**
- Prick holes in **pumpkin** container. Microwave until hot and steaming, **3 mins**
- Place **couscous** in a bowl, sprinkle with the **stock powder**. Add the boiling **water (3/4 cup for 2P / 1 1/2 cup for 4P)** and stir to combine
- Immediately cover with a plate, leave for **5 mins** and fluff up with a fork

- Meanwhile, heat **olive oil** in a frying pan over medium heat
- Add **salmon** and sprinkle with the **spice blend**. Turn to coat and cook, **2-3 mins** each side, or until cooked to your liking

- In a bowl, combine **spinach, capsicum relish, pumpkin** and **couscous**
- Drizzle with **oil**. Season and toss
- Plate up **veggie couscous** and **salmon**
- Serve with **yoghurt**

