



More Than Food
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Moroccan Spiced Salmon with Lemon and Onion Couscous

Ever wonder who that chirpy person is who replies to your tweets and Facebook messages? It's none other than Nia! Nia joined the Fresh Farm a while ago and wins over the hearts of the team by getting all sorts of tasty samples delivered to us every week for our tasting sessions. Our Seasoned Pioneers Ras-el-Hanout is Nia's favourite sample, which is what inspired this week's delicious salmon. Nia is also one of the judges for our weekly Recipe Photo of the Week competition, so it pays to be on her



30 mins



healthy



lactose free



family box



Ras-el-Hanout
(2 tbsp)



Salmon Fillet (4)



Red Onion (2)



Mint (5 tbsp)



Vine Tomato (2)



Vegetable Stock
Pot (1)




Couscous
(1½ cups)



Lemon (1)

Ingredients

	2P	4P
Ras-el-Hanout	-	2 tbsp
Salmon Fillet 1	-	4
Red Onion, chopped	-	2
Mint, chopped	-	5 tbsp
Vine Tomato, chopped	-	2
Vegetable Stock Pot 2	-	1
Couscous 3	-	1½ cups
Lemon	-	1

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Fish | **2)** Celery

3) Gluten

Nutrition per serving: Calories: 510 kcal | Protein: 43 g | Carbs: 67 g | Fat: 6 g | Saturated Fat: 1 g

2



1 LH: *Mix the Ras-el-Hanout with 2 tbsp of olive oil. Rub the mixture all over the salmon and season with a pinch of salt and pepper. Leave to rest until we've done a bit more of the prep.*

frying pan on medium heat. Get the pan nice and hot before placing the salmon in the pan, skin-side down. Cook for 4 mins without touching the salmon.

3



2 Peel and finely chop the red onions. Finely chop the mint leaves. Finely chop the vine tomatoes into cubes (½cm small if your knife skills allow!).

6 Take the salmon off the hob and place it under the grill. Leave it for 4 mins, or until cooked to your liking. Remove from under the grill and add a couple of tbsp of butter (if you have some and feel decadent!). Squeeze 3-4 tsp of lemon juice and spoon over the salmon.

6



3 Heat 2 tbsp of olive oil in a frying pan on medium-low heat. Add the red onion with a good pinch of salt and pepper. Slowly cook with a lid on the pan for 20 mins until soft and sweet. **Tip:** *Check back to make sure they are not sticking to the pan and add a dash of water if they are.*

7 Stir the chopped mint and tomato into the couscous. Pour any juices from the pan into the couscous and stir. Grate in ¼ tsp of lemon zest (more if you want it really citrusy).

7



4 Once the red onion is cooked add 500ml of water to the pan. Once it comes to a boil add the stock pot and remove the pan from the heat. Add the couscous into the pan and stir everything together. Place a lid on the pan for 5 mins while you cook your fish.

8 To serve, place the couscous into your bowl, top it off with your salmon and squeeze over a little more lemon juice.

5 Pre-heat your grill to high. Heat 2 tbsp of olive oil in a non-stick

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!