






More Than Food
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Fearless Sesame Crusted Salmon with Couscous and Tomato Salsa

Call us pushy but here at HelloFresh we want to get you cooking with ingredients that aren't necessarily part of your usual repertoire (trust us!). A lot of people tell us they're scared of fish, but the only time you should be afraid is when they have big teeth and a Steven Spielberg soundtrack. This salmon recipe is incredibly forgiving and for a delicious Moroccan inspired touch we've teamed it up with couscous. Watch out Jaws.

 30 mins

 lactose free



Cherry Tomatoes
(1 punnet)



Red Onion (1)



Coriander (3 tbsp)



Lime (½)



Chicken Stock Pot (½)



Couscous (¾ cup)



Salmon Fillet (2)



White Sesame Seeds
(3 tbsp)

Ingredients

	2 PEOPLE	ALLERGENS
Cherry Tomatoes, quartered	1 punnet	
Red Onion, chopped	1	
Coriander, chopped	3 tbsp	
Lime	½	
Chicken Stock Pot	½	
Couscous	¾ cup	Gluten
Salmon Fillet	2	Fish
White Sesame Seeds	3 tbsp	Sesame

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

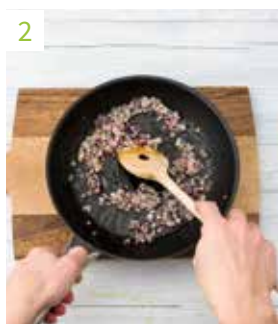
Did you know...

The plant from which the sesame seed originates, can survive a drought and even keep growing hence it being called a “survivor crop”!

Nutrition per serving: Calories: 638 kcal | Protein: 39 g | Carbs: 66 g | Fat: 24 g | Saturated Fat: 4 g



1 First get your veggies prepped! Cut each of the **cherry tomatoes** into quarters. Cut the **red onion** in half through the root, then peel and chop really finely. Roughly chop the **coriander** and zest half the **lime**.



2 Put the **onion** in a small frying pan with 1 tbsp of **olive oil** and a pinch of **salt** and **pepper**. Cook on medium-low heat for 15 mins until it is soft and sweet. **Tip:** Turn the heat lower if necessary so it doesn't end up burning.



3 In a bowl mix three-quarters of your **coriander**, the **tomatoes** and ¼ tsp of **salt** and a good grind of **pepper**. Squeeze over 1½ tsp of **lime** juice and 1 tsp of **olive oil**, mix and leave to the side.

4 Put 300ml of **water** in a pot with the **chicken stock pot** and 1 tsp of **olive oil**. Once it comes to the boil add in the **couscous**. Cover the pot with a tightly fitting lid, take it off the heat and leave to the side until the rest of your meal is ready.

5 Rub ¼ tsp of **olive oil** onto each **salmon fillet** and season with **salt** and **pepper**. Put the **sesame seeds** on a plate or board and roll the **salmon** in the **sesame seeds**, coating the fillets on all sides. Heat 1 tbsp of **olive oil** in a frying pan on medium heat. Once hot, cook the **salmon** for 4 mins on each side turning only once.

6 Fluff up your **couscous** with a fork. Add your **lime** zest, your slow cooked **red onion** and mix all of this together.



7 Serve your **couscous** in bowls with your **salmon** on top. Spoon over a healthy portion of the **tomatoes** and a sprinkle of **coriander**.