



# Sweet Chilli Glazed Salmon

with couscous salad

Calorie Smart 20-25 mins • Spicy

20



Salmon



Couscous



Vegetable Stock



Tomato



Cucumber



Lemon



Middle Eastern Style Spice Mix



Harissa Paste



Honey



Sweet Chilli Sauce



Mayo

Pantry Items: Oil, Salt, Pepper, Water, Sugar



Rate your recipe!

## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Ingredients

	2P	4P
Salmon	200 g	400 g
Couscous	100 g	250 g
Vegetable Stock	1 sachet	2 sachets
Tomato	2 units	4 units
Cucumber	1 unit	2 units
Lemon	1 unit	2 units
Middle Eastern Style Spice Mix	1 sachet	2 sachets
Harissa Paste	1 sachet	2 sachets
Honey	1 sachet	2 sachets
Sweet Chilli Sauce	2 sachets	4 sachets
Mayo	2 sachets	4 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>488 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2556.4 kJ/ 611 kcal	523.9 kJ/ 125.2 kcal
Fat (g)	28.1 g	5.8 g
Sat. Fat (g)	3.9 g	0.8 g
Carbohydrate (g)	60.3 g	12.4 g
Sugars (g)	18.6 g	3.8 g
Protein (g)	30.2 g	6.2 g
Salt (g)	3 g	0.6 g

*Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.*

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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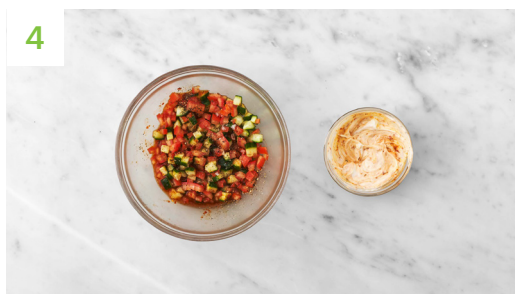


You can recycle me!



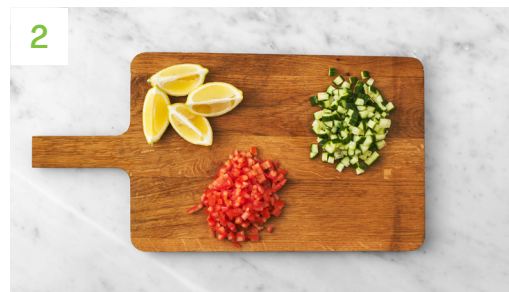
### Cook the Couscous

- Pop the **couscous** into a medium bowl.
- Stir in 200ml boiling **water** (500ml for 4p) along with the **vegetable stock powder**.
- Cover with a plate or cling film and leave aside for 10 mins (or until ready to serve).



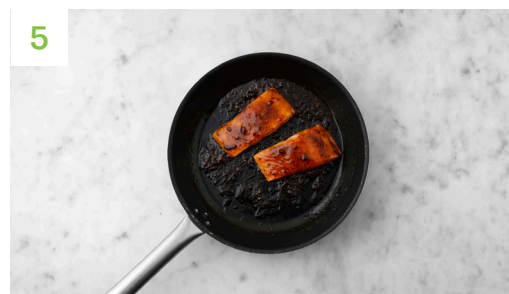
### Dress the Salad

- Meanwhile, in a large bowl, combine **half** the **harissa paste**, **honey**, a good squeeze of **lemon** juice and ½ tsp of **sugar** (double for 4p).
- Add the chopped **cucumber** and **tomato** to the bowl and toss to coat in the dressing. Season with **salt** and **pepper**.
- In a separate small bowl, combine the **mayo** and remaining **harissa paste**.



### Get Prepped

- Meanwhile, chop the **tomato** into 1cm chunks.
- Trim the **cucumber**, quarter lengthways and chop widthways into small pieces.
- Quarter the **lemon**.



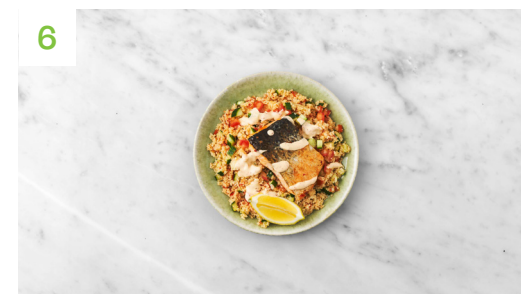
### Finishing Touches

- When the **salmon** is cooked, remove the pan from the heat and add **half** the **sweet chilli sauce**.
- Turn to glaze the **salmon** in the sauce.
- Add the **couscous** to the bowl with the **tomatoes** and **cucumber**.
- Toss together to coat in the sauce.



### Sear the Salmon

- Place a pan over high heat with a drizzle of **oil**.
- Pat the **salmon** dry with kitchen paper. Season with the **Middle Eastern spice mix**, **salt** and **pepper**.
- Once the pan is hot, add the **salmon** fillets, skin-side down.
- Cook on one side for 4-5 mins then turn over and cook for 3-4 mins on the other side. **IMPORTANT:** Wash hands and equipment after handling raw fish. Fish is cooked when opaque in the centre.



### Serve and Enjoy

- Divide the **couscous** between bowls.
- Top with the glazed **salmon**.
- Finish by drizzling over the **harissa mayo** and remaining **sweet chilli sauce**.
- Serve any remaining **lemon** wedges alongside for squeezing over.

**Enjoy!**