



Lemon and Herb Salmon

with jewelled couscous and charred courgette

Calorie Smart 40-45 mins • Spicy

20



Salmon



Lemon



Courgette



Tomato



Parsley



Vegetable Stock



Couscous



Shallot



Yoghurt



Harissa Spice Mix

Pantry Items: Oil, Salt, Pepper, Water



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.

Cooking tools you will need

Pot with lid, zester

Ingredients

	2P	4P
Salmon	200 g	400 g
Lemon	½ unit	1 unit
Courgette	1 unit	2 units
Tomato	2 units	4 units
Parsley	5 g	10 g
Vegetable Stock	1 sachet	2 sachets
Couscous	100 g	250 g
Shallot	1 unit	2 units
Yoghurt	75 g	150 g
Harissa Spice Mix	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	435 g	100 g
Energy (kJ/kcal)	2065 kJ/ 494 kcal	475 kJ/ 113 kcal
Fat (g)	18.3 g	4.2 g
Sat. Fat (g)	3.9 g	0.9 g
Carbohydrate (g)	52.3 g	12 g
Sugars (g)	11 g	2.5 g
Protein (g)	32.1 g	7.4 g
Salt (g)	1.9 g	0.4 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.

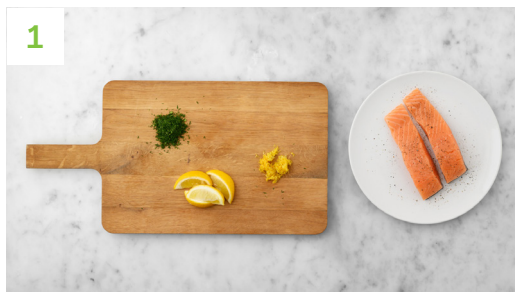
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Get Prepped

- Halve and peel the **shallot**. Chop into small pieces.
- Zest **half** the **lemon** (double for 4p). Cut in **half**. Roughly chop the **parsley** (stalks and all).
- Trim the **courgette** and slice into 1cm rounds. Dice the **tomato** into 2cm chunks.
- In a large bowl, mix the **lemon** zest, **salt**, **pepper** and 1 tbsp **oil** (double for 4p).
- Add the **salmon** to the bowl. Turn to coat and set aside. **IMPORTANT:** Wash hands and equipment after handling raw fish.



Fry the Fish

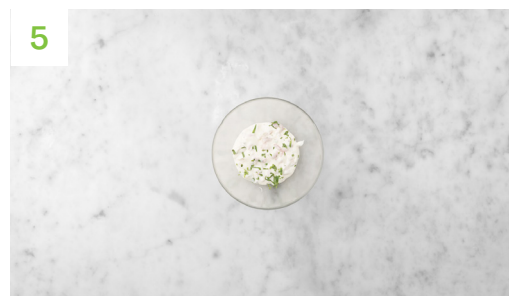
- Return the (now empty) pan to high heat.
- Once hot, carefully place your **salmon** into the pan, skin-side down.
- Spoon over any **oil** remaining in the bowl.
- Cook skin-side down for 4-5 mins then turn over and cook for 3-4 mins on the other side. **IMPORTANT:** Fish is cooked when opaque in the middle.

TIP: To make the fish more crispy, don't move it around when it's cooking skin-side down.



Cook the Couscous

- Place a pot over medium heat with a drizzle of **oil**.
- Once hot, add the **shallot** and cook, stirring, until softened, 3-4 mins.
- Add 200ml **water** (500ml for 4p), stir in the **stock powder** and bring to the boil.
- Stir in the **couscous** and bring back to the boil.
- Cover the pot and remove from the heat. Leave aside for 8-10 mins or until ready to serve.



Finishing Touches

- Meanwhile, to a small bowl add the **yoghurt**, **harissa spice**, 1 ½ tbsp **oil** (double for 4p), a squeeze of **lemon** juice and **half** the **parsley**.
- Season with **salt** and **pepper**. Mix well and set aside. This is your dressing!
- Fluff up the **couscous** with a fork.
- Stir through the **tomatoes**, remaining **parsley** and a small squeeze of **lemon** juice.



Char the Courgette

- Meanwhile, place a large pan over medium-high heat (without oil).
- When hot, add the **courgette** and cook until charred, 3-4 mins. Turn only every so often—this will allow the **courgette** to pick up a nice colour.
- Once cooked, season with **salt** and **pepper**.
- Transfer the charred **courgette** to a bowl and cover to keep warm.



Serve and Enjoy

- Share the jewelled **couscous** between bowls or deep plates.
- Top with the charred **courgette** rounds and crispy **salmon**.
- Taste and season with **salt**, **pepper** and more **lemon** juice if needed.
- Drizzle over the **harissa yoghurt** dressing to finish.

Enjoy!