



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 good side!

 35 mins

 family box

 lactose free

 healthy



Ras-el-Hanout
(2 tbsp)



Salmon Fillet (4)



Red Onion (1)



Mint (5 tbsp)



Vine Tomato (4)



Vegetable Stock
Pot (1)




Couscous (1½ cups)



Lemon (1)

Ingredients

	4 PEOPLE	ALLERGENS
Ras-el-Hanout	2 tbsp	
Salmon Fillet	4	Fish
Red Onion, chopped	1	
Mint, chopped	5 tbsp	
Vine Tomato, chopped	4	
Vegetable Stock Pot	1	Celery
Couscous	1½ cups	Gluten
Lemon	1	

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

LH Step for little hands

Did you know...

In Morocco they use Ras-el-Hanout for absolutely everything, including sprinkling it on top of their fruit cakes!

Nutrition per serving: Calories: 566 kcal | Protein: 36 g | Carbs: 62 g | Fat: 19 g | Saturated Fat: 4 g



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

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



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.

4 Once the red onion is soft and sweet, 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 whilst you cook your fish.

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

6 Take the salmon off the hob and place it on the top shelf under the grill. **Tip:** Keep the handle sticking out of the grill if it's a plastic one!

Leave it for 4 mins, or until cooked to your liking. Remove from under the grill and add 2 tsp of butter (if you have some and feel decadent!).

LH: Squeeze 2 tsp of lemon juice over the salmon.

7 Stir the chopped mint and tomato into the couscous. Pour any juices from the salmon pan into the couscous and stir. Grate in ½ tsp of lemon zest (more if you want it really citrusy).

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



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