

# Orange Baked Salmon

## with Middle Eastern Couscous

hellóchef

This meal is packed with aromatic flavours!

Cals 838 • Prot 51 • Carbs 78 • Fat 35

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🕒 cook: 30 min

R2024

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Salmon	2 ppl	3 ppl	4 ppl	
Skin-on salmon fillet 6*	350	525	700	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Olive oil	1	2	2	Tbsp
Orange	1	1	2	Piece
Couscous				
Fresh mint	10	10	10	Grams
Cucumber	2	3	4	Piece
Water	300	450	600	ML
Chicken stock cube 4*, 5*, 9*, 15*	0.5	1	1	Piece
Olive oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Couscous 10*, 11*	150	225	300	Grams
Fresh zaatar	20	20	20	Grams
Black pepper	0.5	1	1	Tsp
Coriander cumin powder	4	4	8	Grams
Garlic onion powder	4	4	8	Grams
To serve				
Feta cheese 4*	100	150	200	Grams

Allergens

\*6 Fish, \*4 Milk, \*5 Eggs, \*9 Soya, \*15 Celery, \*10 Wheat, \*11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3505 / 838
Fat (g)	34.9
of which saturates (g)	11
Carbohydrate (g)	78
of which sugars (g)	12.1
Fiber (g)	8.8
Protein (g)	51.4
Salt (g)	6.1

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep salmon

Preheat the oven to 200°C/180°C fan. Portion the **salmon**. Add the **salmon** to a baking dish, skin side down. Sprinkle with **salt** and **pepper** and drizzle with **olive oil**. Juice half of the **oranges** and thinly slice the remaining **oranges**. Arrange the slices on top and save the juice for later. Bake for 15-20 min.



2 Prep

Meanwhile, roughly chop the **cucumbers**. Finely chop the **mint** and **zaatar** leaves.



3 Couscous

Add [0.5/1/1] **stock cube** and the **measured water** to a pan with a lid and bring to a boil. Once boiling, add **garlic onion powder**, **coriander cumin powder** and **couscous**. Mix well, then remove from the heat and cover with a lid. Set aside for 5 min until the **water** is absorbed. Transfer the **couscous** to a bowl and refrigerate.



4 Assemble

Just before serving, fluff the **couscous** with a fork and add the **cucumbers**, **mint** and **zaatar**. Add the **orange** juice and a generous drizzle of **olive oil**. Season with **salt** and **pepper**.



5 Serve

Divide the **salmon** and **couscous** among plates. Crumble the **feta cheese** over the top and serve immediately.