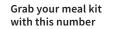


Salmon & Garlic Veg Couscous Bowl

with Herby Mayo

MEDITERRANEAN

CLIMATE SUPERSTAR









Chicken-Style Stock Powder





Capsicum





Salmon



Dill & Parsley Mayonnaise











Prep in: 20-30 mins Ready in: 25-35 mins



Bright, fresh and packed with goodness - this couscous bowl is a flavour powerhouse! Flaky, perfectly cooked salmon sits atop a bed of fluffy couscous packed full of all your favourite veg, tied together with a dreamy drizzle of creamy herby mayo. It's wholesome, satisfying and just the right amount of fancy!

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

| 9 | | |
|-------------------------------|-----------------|------------------|
| | 2 People | 4 People |
| olive oil* | refer to method | refer to method |
| couscous | 1 medium packet | 1 large packet |
| chicken-style stock powder | 1 medium sachet | 1 large sachet |
| boiling water* | ¾ cup | 1½ cups |
| broccoli | 1 head | 2 heads |
| capsicum | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| salmon | 1 packet | 2 packets |
| white wine vinegar* | drizzle | drizzle |
| dill & parsley mayonnaise | 1 medium packet | 1 large packet |
| mayonnaise | pacitot | - 13 O- Facility |

^{*}Pantry Items

Nutrition

| Per Serving | Per 100g |
|-----------------|---|
| 3140kJ (750Cal) | 675kJ (161Cal) |
| 42.2g | 9.1g |
| 44.2g | 9.5g |
| 6.5g | 1.4g |
| 41.5g | 8.9g |
| 7.1g | 1.5g |
| 700mg | 151g |
| 9.2g | 2g |
| | 3140kJ (750Cal) 42.2g 44.2g 6.5g 41.5g 7.1g 700mg |

The quantities provided above are averages only.

Allergens

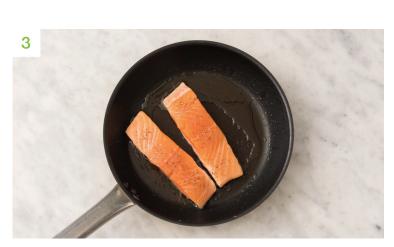
Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the couscous

- Boil the kettle. Place couscous and chicken-style stock powder in a medium heatproof bowl.
- Add the boiling water (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine.
- Immediately cover with a plate and leave until all water is absorbed,
 5 minutes. Fluff up with a fork and set aside.



Cook the salmon

- Return frying pan to medium-high heat with a drizzle of olive oil. Pat salmon dry with paper towel and season generously with salt and pepper on both sides.
- When oil is hot, cook salmon, skin-side down first, until just cooked through,
 2-4 minutes each side.

TIP: Patting the skin dry helps it crisp up in the pan!



Cook the veggies

- Meanwhile, chop broccoli (including stalk!) into small florets. Thinly slice capsicum. Finely chop garlic.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook broccoli and capsicum until tender, 6-7 minutes.
- Add garlic and cook until fragrant, 1 minute. Transfer to the bowl with couscous.



Finish & serve

- To the bowl with couscous, add a drizzle of white wine vinegar and stir to combine. Season to taste.
- Divide garlic veg couscous between bowls. Top with salmon.
- Drizzle over dill & parsley mayonnaise to serve. Enjoy!



CHICKEN BREAST:
Cut into 2cm chunks. Cook until

cooked through, 4-6 minutes.



Follow method above, cooking in batches if necessary.



Cut into 1cm slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.



