



Salmon & Garlic Veg Couscous Bowl

with Herby Mayo

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your meal kit
with this number

6



Couscous



Chicken-Style
Stock Powder



Broccoli



Capsicum



Garlic



Salmon



Dill & Parsley
Mayonnaise



Chicken
Breast



Salmon



Halloumi/Grill
Cheese

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



Protein Rich



Eat Me Early

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

	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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3140kJ (750Cal)	675kJ (161Cal)
Protein (g)	42.2g	9.1g
Fat, total (g)	44.2g	9.5g
- saturated (g)	6.5g	1.4g
Carbohydrate (g)	41.5g	8.9g
- sugars (g)	7.1g	1.5g
Sodium (mg)	700mg	151g
Dietary Fibre (g)	9.2g	2g

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.

1



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.

3



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!

2



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**.

4



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!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW20



CUSTOM OPTIONS



CHICKEN BREAST:

Cut into 2cm chunks. Cook until cooked through, 4-6 minutes.



SALMON:

Follow method above, cooking in batches if necessary.



HALLOUMI/GRILL CHEESE:

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

SCAN CODE FOR FULL STEPS AND NUTRITION INFO

