Seared Salmon & Veggie Couscous Bowl

with Baby Broccoli & Herby Mayo

Grab your meal kit with this number 6

- Couscous
- Chicken-Style Stock Powder
- Baby Broccoli
- Capsicum
- Garlic
- Salmon
- Dill & Parsley Mayonnaise

Recipe Update

We've replaced the green beans in this recipe with baby broccoli due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

- Salmon
- Halloumi/ Grill Cheese

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

Eat Me Early

Carb Smart

Protein Rich

Fibre-rich, colourful, nutritious, flavoursome - these are just a few of the ways we can describe this amazing couscous dish. Topped with fresh and tasty salmon with a drizzle of herby mayo, don't be too surprised when your tastebuds love it just as much as your body does!

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
baby broccoli	1 bunch	2 bunches
capsicum	1	2
garlic	2 cloves	4 cloves
salmon	280g	560g
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)	2970kJ (711Cal)	426kJ (102Cal)
Protein (g)	35.4g	5.1g
Fat, total (g)	43.8g	6.3g
- saturated (g)	6.5g	0.9g
Carbohydrate (g)	42.2g	6g
- sugars (g)	7.5g	1.1g
Sodium (mg)	673mg	96mg
Dietary Fibre (g)	4.6g	0.7g

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.

We're here to help!

Scan here if you have any questions or concerns

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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 water is absorbed, **5 minutes**. Fluff up with a fork and set aside.

2

Cook the veggies

- Meanwhile, trim **baby broccoli**, halving any thicker stalks lengthways. Slice **capsicum** into thin strips. Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **baby broccoli** and **capsicum** until tender, **5-6 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.
- Transfer to bowl with couscous.

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!*

4

Finish & serve

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

CUSTOM OPTIONS

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