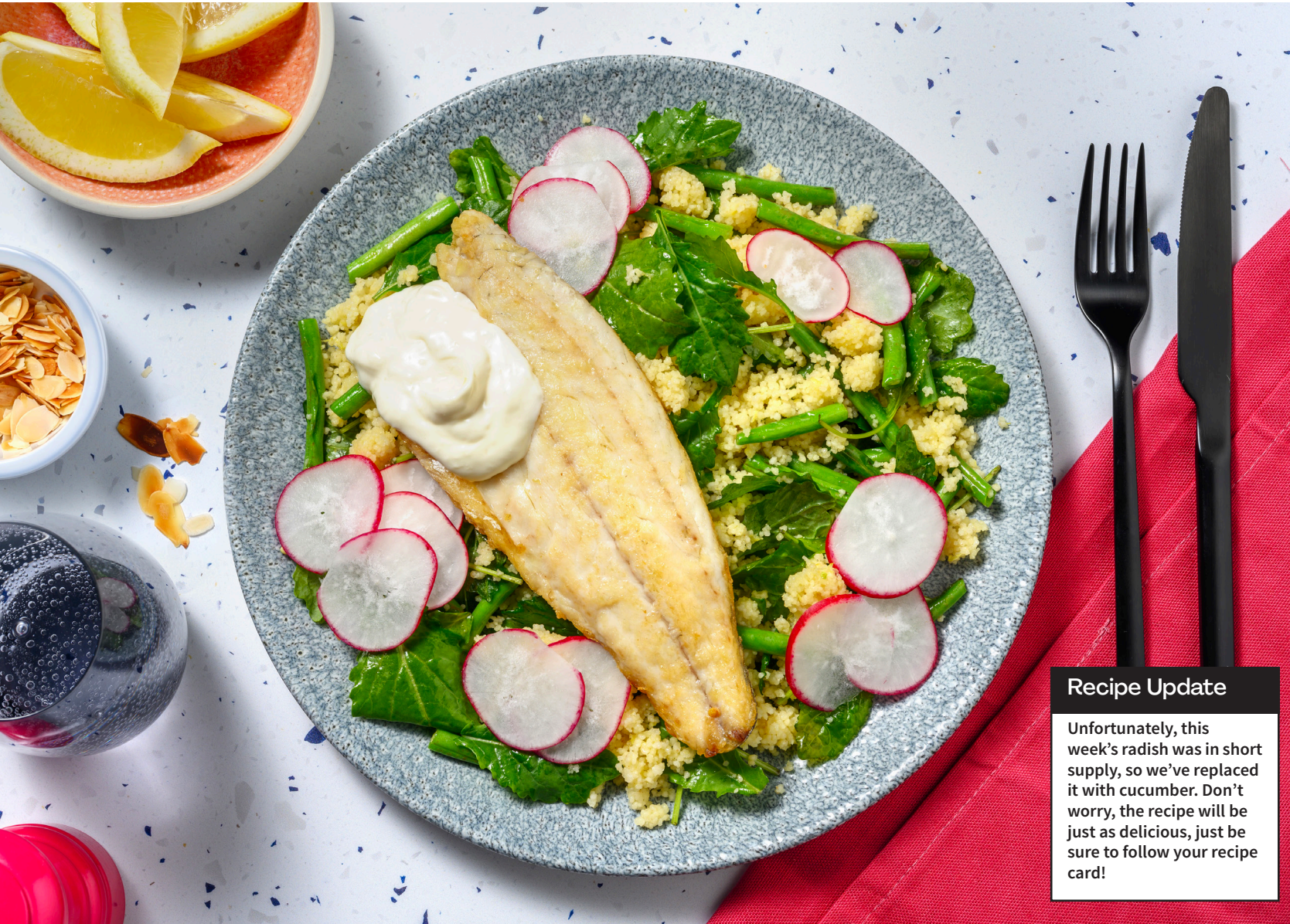


# Quick Middle Eastern White Fish & Zesty Couscous

with Lemony Garlic Dip & Almonds

NEW

Grab your Meal Kit with this symbol



Green Beans



Cucumber



Lemon



Garlic Dip



Gemfish Fillets



Middle Eastern Seasoning



Couscous



Chicken-Style Stock Powder



Flaked Almonds



Baby Kale



Chicken Breast

### Recipe Update

Unfortunately, this week's radish was in short supply, so we've replaced it with cucumber. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

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

Calorie Smart

Eat Me First

It's fresh, flavourful, and a fan-favourite especially with Middle Eastern seasoning and a fluffy (another 'f' word) couscous, it's a fish dish we can all become fans of. Zest it up with a garlic dip for fragrance (okay, that's the last one) and that's dinner finished (sorry).

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil

## Before you start

Wash your hands and any fresh food

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
<b>olive oil*</b>	refer to method	refer to method
green beans	1 bag (100g)	1 bag (200g)
cucumber	1	2
lemon	½	1
garlic dip	1 medium packet	1 large packet
gemfish fillets	1 packet	2 packets
Middle Eastern seasoning	1 sachet	2 sachets
couscous	1 packet	1 packet
chicken-style stock powder	1 medium sachet	1 large sachet
<b>boiling water*</b>	¾ cup	1½ cups
flaked almonds	1 packet	2 packets
baby kale	1 small bag	1 medium bag
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2394kJ (572Cal)	670kJ (160Cal)
Protein (g)	25.2g	7g
Fat, total (g)	31.3g	8.8g
- saturated (g)	3g	0.8g
Carbohydrate (g)	44.8g	12.5g
- sugars (g)	5.8g	1.6g
Sodium (mg)	1221mg	342mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2673kJ (639Cal)	708kJ (169Cal)
Protein (g)	42g	11.1g
Fat, total (g)	31.3g	8.3g
- saturated (g)	4g	1.1g
Carbohydrate (g)	44.4g	11.8g
- sugars (g)	5.4g	1.4g
Sodium (mg)	1210mg	321mg

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](https://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

2023 | CW30



## Get prepped

- Boil the kettle. Trim and halve **green beans**. Thinly slice **cucumber** into half-moons. Zest **lemon** to get a pinch, then slice into wedges.
- In a small bowl, combine **garlic dip** and a squeeze of **lemon juice**. Set aside.
- Discard any liquid from **gemfish fillets** packaging. Slice **fish** in half crossways to get 1 piece per person.
- Place **fish** on a plate and sprinkle over **Middle Eastern seasoning** on each side. Season with **salt** and **pepper**.

**Custom Recipe:** If you've swapped from gemfish fillets to chicken breast, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks, season in the same way as above.



## Cook the greens & fish

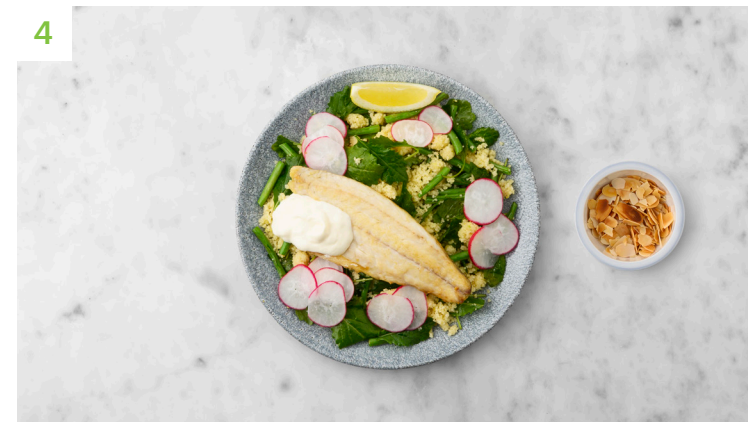
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **green beans** until tender, **4-5 minutes**. Season and transfer to the bowl with the **couscous**.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **fish** in batches, until just cooked through, **5-6 minutes** each side. Transfer to a paper towel-lined plate.

**Custom Recipe:** Heat the pan as above and cook chicken until cooked through, 3-5 minutes each side. Transfer to a paper towel-lined plate.



## Make the couscous & toast the almonds

- Place **couscous**, **chicken-style stock powder** and **lemon zest** 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 for **5 minutes**. Fluff up with a fork and set aside.
- Meanwhile, heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



## Serve up

- Meanwhile, to the couscous, add cucumber, **baby kale**, a generous squeeze of lemon juice and a drizzle of olive oil. Toss to combine and season to taste.
- Divide zesty couscous salad between bowls.
- Top with Middle Eastern white fish. Garnish with toasted almonds.
- Serve with lemony garlic dip and any remaining lemon wedges. Enjoy!

**Custom Recipe:** Slice chicken to serve.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)