



Quick Seared Salmon & Veggie Couscous Bowl

with Herby Mayo & Parsley

MEDITERRANEAN

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Couscous



Chicken-Style Stock Powder



Green Beans



Courgette



Garlic



Salmon



Dill & Parsley Mayonnaise



Parsley



Salmon

Recipe Update

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

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



Carb Smart*
**Custom Recipe is not Carb Smart*



Eat Me Early

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

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

Pantry items

Olive Oil, White Wine Vinegar

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
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
green beans	1 small packet	1 medium packet
courgette	1	2
garlic	2 cloves	4 cloves
salmon	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	½ medium packet	1 medium packet
parsley	1 packet	1 packet
salmon**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2615kJ (625Cal)	722kJ (173Cal)
Protein (g)	35.9g	9.9g
Fat, total (g)	35.3g	9.7g
- saturated (g)	5.7g	1.6g
Carbohydrate (g)	39.2g	10.8g
- sugars (g)	4.8g	1.3g
Sodium (mg)	587mg	162mg
Dietary Fibre (g)	5.1g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3920kJ (937Cal)	781kJ (187Cal)
Protein (g)	63.9g	12.7g
Fat, total (g)	57.7g	11.5g
- saturated (g)	9.9g	2g
Carbohydrate (g)	39.2g	7.8g
- sugars (g)	4.8g	1g
Sodium (mg)	651mg	130mg

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

2024 | CW16



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 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!*

Custom Recipe: If you've doubled your salmon, prepare as above and cook extra salmon in batches for best results.

2



Cook the veggies

- Meanwhile, trim and halve **green beans**. Slice **courgette** into half-moons. Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans** and **courgette** until tender, **4-6 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.
- Transfer to bowl with **couscous**.

4



Serve up

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

Rate your recipe

Did we make your tastebuds happy?

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