

Garlic-Herb White Fish & Capsicum Relish

with Pearl Couscous Salad & Feta

MEDITERRANEAN

Grab your meal kit with this number

17



Pearl (Israeli) Couscous



Cucumber



Tomato



Smooth Dory Fillets



Garlic & Herb Seasoning



Flaked Almonds



Baby Leaves



Cow's Milk Feta



Chargrilled Capsicum Relish



Smooth Dory Fillets



Chicken Breast

Prep in: 15-25 mins
Ready in: 20-30 mins

Calorie Reduced

Eat Me First

A fresh herby seasoning for a slice of fresh white fish, it's a match! Pair off this delightful combination of garlic aromas with a smoked capsicum relish to offset everything, including the cucumber couscous. Sprinkle in a bit of feta cheese to add a bite of salt and you've got one amazing group of flavours.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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 saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pearl (Israeli) couscous	1 packet	2 packets
cucumber	1	1
tomato	1	2
smooth dory fillets	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
flaked almonds	1 packet	2 packets
baby leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
cow's milk feta	½ packet	1 packet
chargrilled capsicum relish	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2264kJ (541Cal)	460kJ (110Cal)
Protein (g)	31.6g	6.4g
Fat, total (g)	24.8g	5g
- saturated (g)	8.3g	1.7g
Carbohydrate (g)	45.7g	9.3g
- sugars (g)	9.6g	2g
Sodium (mg)	1359mg	276mg
Dietary Fibre (g)	4.5g	0.9g

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.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **pearl couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill saucepan with boiling water, then add a pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**. Drain and return to the pan with a drizzle of **olive oil**.

3



Cook the fish

- 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.

TIP: White fish is cooked through when centre turns from translucent to white.

2



Get prepped

- While couscous is cooking, slice **cucumber** (see ingredients) into half-moons. Roughly chop **tomato**.
- Discard any liquid from **smooth dory fillet** packaging. Slice **fish** in half crossways to get 1 steak per person.
- In a medium bowl, gently combine **fish** and **garlic & herb seasoning**. Season with **salt** and **pepper**.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.

4



Serve up

- To the pan with couscous, add cucumber, tomato, **baby leaves** and a drizzle of **vinegar** and olive oil. Season with salt and pepper. Crumble over **feta** (see ingredients) and toss to combine.
- Divide cucumber couscous salad between plates. Top with garlic-herb fish.
- Sprinkle over almonds. Serve with **chargrilled capsicum relish**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW26



CUSTOM OPTIONS



DOUBLE SMOOTH DORY FILLETS

Follow method above.



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

