

Garlic-Herb Fish & Veggie Freekah Salad

with Yoghurt

Grab your meal kit with this number

17



Freekah



Vegetable Stock Powder



Broccoli



Onion



Smooth Dory Fillets



Garlic & Herb Seasoning



Deluxe Salad Mix



Greek-Style Yoghurt



Chicken Breast



Smooth Dory Fillets

Recipe Update

We've replaced the couscous in this recipe with freekah 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

Calorie Reduced

Eat Me First

If a herby and garlic seasoned fish doesn't quip your interest and get your tastebuds fired up, we don't know what else will. Tossed over golden cooked fish, it pops out of the bowl. Add the veggie freekah and that's a done deal. Go on dig in, we know you're interested now.

Pantry items

Olive Oil, Butter, Honey, 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
freekah	1 packet	2 packets
butter*	20g	40g
vegetable stock powder	1 medium sachet	1 large sachet
broccoli	½ head	1 head
onion	½	1
smooth dory fillets	1 packet	2 packets
garlic & herb seasoning	½ medium sachet	1 medium sachet
honey*	1 tsp	2 tsp
deluxe salad mix	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1961kJ (469Cal)	371kJ (89Cal)
Protein (g)	32.8g	6.2g
Fat, total (g)	13g	2.5g
- saturated (g)	1.9g	0.4g
Carbohydrate (g)	51g	9.7g
- sugars (g)	11.2g	2.1g
Sodium (mg)	1041mg	197mg
Dietary Fibre (g)	10.1g	1.9g

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



Make the freekah

- In a large saucepan, heat a **drizzle** of olive oil over medium-high heat. Toast **freekah**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill the saucepan with **water**, then add a good pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **30-35 minutes**.
- Drain, rinse and return to the pan over medium heat. Add the **butter** and **vegetable stock powder**, and stir, until the **butter** is melted and combined.

TIP: The freekeh is cooked when it has softened but still retains some bite

3



Cook the fish & veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **broccoli** and **onion**, stirring, until softened, **6-7 minutes**. Transfer to a bowl and cover to keep warm. Set aside.
- When the freekah has **20 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan, over medium-high heat. Cook **fish** in batches, until just cooked through, **5-6 minutes** each side. Remove pan from heat, add the **honey** and gently turn **fish** to coat.

2



Get prepped

- Cut **broccoli** (see ingredients) into small florets, then roughly chop stalk. Thinly slice **onion** (see ingredients).
- Discard any **liquid** from **smooth dory fillet** packaging. Slice **fish** in half crossways to get 1 piece per person.
- In a medium bowl, combine **fish, garlic & herb seasoning** (see ingredients), a drizzle of **olive oil** and a pinch of **salt**.

4



Serve up

- Add cooked veggies, **deluxe salad mix** and a drizzle of **vinegar** and olive oil to the freekah. Season and toss to combine.
- Divide veggie freekah salad between bowls. Top with garlic and herb fish.
- Dollop over **Greek-style yoghurt** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW29



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

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



DOUBLE SMOOTH DORY FILLETS

Follow method above, cooking in batches if necessary.

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

