

Quick Smooth Dory & Veggie Couscous Salad

with Broccoli & Yoghurt

Grab your meal kit with this number

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Recipe Update

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



Broccoli



Onion



White Turnip



Smooth Dory Fillets



Garlic & Herb Seasoning



Pearl (Israeli) Couscous



Vegetable Stock Powder



Deluxe Salad Mix



Greek-Style Yoghurt



Chicken Breast



Smooth Dory Fillets

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

Calorie Smart

Protein Rich

Eat Me First

If a herb and garlic seasoned fish doesn't pique 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 couscous and that's a done deal. Go on dig in, we know you're interested now.

Pantry items

Olive Oil, 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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
broccoli	½ head	1 head
onion	½	1
white turnip	½	1
smooth dory fillets	1 packet	2 packets
garlic & herb seasoning	½ medium sachet	1 medium sachet
pearl (Israeli) couscous	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
deluxe salad mix	½ large 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)	1236kJ (295cal)	115kJ (27cal)
Protein (g)	27.1g	2.5g
Fat, total (g)	12.1g	1.1g
- saturated (g)	1.8g	0.2g
Carbohydrate (g)	16.8g	1.6g
- sugars (g)	10.2g	0.9g
Sodium (mg)	1039mg	96.4mg
Dietary Fibre (g)	8.4g	0.8g

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.



Get prepped

- Boil the kettle. Cut **broccoli (see ingredients)** into small florets, then roughly chop stalk. Thinly slice **onion (see ingredients)**. Peel **turnip (see ingredients)**, then thinly slice into sticks.
- 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**.



Cook the fish & veggies

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **broccoli and onion**, tossing, until tender, **6-7 minutes**. Transfer to a bowl and cover to keep warm.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. 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.

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



Make the pearl couscous

- In a medium 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**. Stir through **vegetable stock powder**.



Serve up

- To the couscous, add cooked veggies, **deluxe salad mix (see ingredients)**, turnip and a drizzle of **vinegar** and olive oil. Season and toss to combine.
- Divide veggie couscous salad between bowls. Top with herby fish.
- Dollop over **Greek-style yoghurt** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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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.

