



Quick Garlic-Herb Dory & Capsicum Relish

with Israeli Couscous Salad & Feta

NEW

Grab your Meal Kit with this symbol



Israeli Couscous



Cucumber



Tomato



Garlic & Herb Seasoning



Spinach & Rocket Mix



Flaked Almonds



Chargrilled Capsicum Relish



Smooth Dory Fillets



Cow's Milk Feta

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

Calorie Smart

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, Red Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
Israeli couscous	1 packet	2 packets
cucumber	1 (medium)	1 (large)
tomato	1	2
smooth dory fillets	1 packet	2 packets
garlic & herb seasoning	1 sachet	1 sachet
spinach & rocket mix	1 small bag	1 medium bag
red wine vinegar*	drizzle	drizzle
cow's milk feta	½ packet (95g)	1 packet (180g)
flaked almonds	1 packet	2 packets
chargrilled capsicum relish	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2036kJ (486Cal)	498kJ (119Cal)
Protein (g)	30.9g	7.6g
Fat, total (g)	19.7g	4.8g
- saturated (g)	7.1g	1.7g
Carbohydrate (g)	44.1g	10.8g
- sugars (g)	8.2g	2g
Sodium (mg)	1327mg	324mg

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
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1



Cook the couscous

- Boil the kettle.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **Israeli 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 & finish 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.
- To the pan with **couscous**, add **cucumber, tomato, spinach & rocket mix** and a drizzle of **red wine vinegar** and **olive oil**. Season with **salt** and **pepper**. Crumble over **feta** (see ingredients) and toss to combine.

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

2



Get prepped

- While couscous is boiling, slice **cucumber** 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 small bowl, combine **smooth dory fillets** 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

- Divide Israeli couscous salad between plates and top with garlic-herb dory.
- Sprinkle over toasted almonds. Serve with **chargrilled capsicum relish**. Enjoy!

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