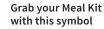


Quick Pomegranate-Glazed Fish with Sumac Veggie & Radish Couscous Salad

















Garlic & Herb



Couscous

Seasoning



Currants



Vegetable Stock



Pomegranate



Molasses



Turkish Sumac Seasoning





Yoghurt

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

Eat Me First



If pomegranate glaze 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 pomegranate fish to a sumac veggie couscous and that's a done deal. Go on dig in, we know you're interested now.



Olive Oil, Honey, 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

Medium saucepan with a lid · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
broccoli	1/2	1		
onion	1 (medium)	1 (large)		
radish	1	2		
smooth dory fillets	1 packet	2 packets		
garlic & herb seasoning	½ sachet	1 sachet		
currants	1 medium packet	1 large packet		
vegetable stock powder	1 medium sachet	1 large sachet		
boiling water*	¾ cup	1½ cups		
couscous	1 packet	1 packet		
pomegranate molasses	1 medium packet	1 large packet		
honey*	1 tsp	2 tsp		
deluxe salad mix	1 medium bag	1 large bag		
Turkish sumac seasoning	½ sachet	1 sachet		
white wine vinegar*	drizzle	drizzle		
Greek-style yoghurt	1 medium packet	1 large packet		
chicken breast**	1 packet	1 packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2280kJ (545Cal)	437kJ (104Cal)
Protein (g)	33.5g	6.4g
Fat, total (g)	15g	2.9g
- saturated (g)	3g	0.6g
Carbohydrate (g)	68.2g	13.1g
- sugars (g)	23.2g	4.4g
Sodium (mg)	1126mg	216mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2559kJ (612Cal)	472kJ (113Cal)
Protein (g)	50.3g	9.3g
Fat, total (g)	14.9g	2.8g
- saturated (g)	4g	0.7g
Carbohydrate (g)	67.8g	12.5g
- sugars (g)	22.8g	4.2g
Sodium (mg)	1115mg	206mg

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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Get prepped

- Boil the kettle. Cut broccoli into small florets, then roughly chop stalk.
 Thinly slice onion and radish.
- 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.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks. Combine chicken with seasoning as above.



Cook the fish

- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
 When oil is hot, cook fish in batches, until just cooked through, 5-6 minutes each side.
- Remove pan from heat, add pomegranate molasses and the honey and gently turn fish to coat.

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

Custom Recipe: Heat frying pan as above. Cook chicken until cooked through, 3-5 minutes each side. Remove pan from heat, then add pomegranate molasses and honey as above.



Make the veggie couscous

- In a medium saucepan, heat a drizzle of olive oil over medium-high heat.
 Cook broccoli and onion, stirring, until softened, 6-7 minutes.
- Add currants, vegetable stock powder and the boiling water (see ingredients) and bring to the boil.
- Add couscous, stir to combine. Cover with a lid and remove from heat.
 Set aside until all the water has absorbed, 5 minutes. Fluff up with a fork.



Serve up

- To the veggie couscous, add deluxe salad mix, radish, Turkish sumac seasoning (see ingredients) and a drizzle of white wine vinegar and olive oil. Season and toss to combine.
- Divide sumac veggie and radish couscous salad between bowls. Top with pomegranate-glazed fish.
- Dollop over Greek-style yoghurt to serve. Enjoy!

Rate your recipe

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