



Quick Pomegranate-Glazed Fish

with Sumac Veggie & Radish Couscous Salad

Grab your Meal Kit with this symbol



Broccoli



Onion



Radish



Smooth Dory Fillets



Garlic & Herb Seasoning



Couscous



Currants



Vegetable Stock Powder



Pomegranate Molasses



Deluxe Salad Mix



Turkish Sumac Seasoning



Greek-Style Yoghurt



Chicken Breast

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



Calorie Smart



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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

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

	2 People	4 People
olive oil*	refer to method	refer to method
broccoli	½	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

2023 | CW22



1



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.

3



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.

2



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.

4



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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