



# Smoked Salmon & Couscous Salad with Tartare Sauce

FRESH & FAST

Box to plate: 15 mins

Eat Me First

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 3051kJ (729Cal) | Protein 28.2g | Fat, total 49.6g - saturated 11g | Carbohydrate 42.4g - sugars 6.9g | Sodium 1173mg  
The quantities provided above are averages only.

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2021 | WK51 | X



# Get ready

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'll need

(along with the basics)



Large Frying Pan

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Akaroa Smoked Salmon	1 pkt	1 pkt
Greek Salad Cheese/Feta Cheese	1 pkt (50g)	1 pkt (100g)

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](http://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## 1. Chop



Couscous



Chicken-Style Stock Powder



Avocado



Cucumber

## 2. Sizzle



Green Beans

## 3. Toss



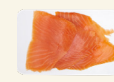
Rocket Leaves



Parsley



Balsamic & Olive Oil Dressing



Akaroa Smoked Salmon



Roasted Almonds



Greek Salad Cheese/Feta Cheese



Tartare Sauce

- Boil the kettle. In a bowl, combine **couscous, stock** and **boiling water** (3/4 cup for 2P / 1 1/2 cups for 4P)
- Cover and set aside for **5 mins**
- Cut **avocado** in half, scoop out flesh and roughly chop
- Roughly chop **cucumber**

- Trim and halve **green beans**
- Heat **olive oil** in a frying pan over medium-high heat
- Cook **green beans** until tender, **3-5 mins**

- To the couscous, add **green beans, cucumber, rocket, balsamic dressing** and torn **parsley**. Toss and season with **pepper**
- Plate up **couscous salad** and top with **avocado** and **salmon**
- Sprinkle with **almonds** and crumble over **cheese**
- Serve with **tartare sauce**

