



# Quick Prep Crumbed Fish & Couscous Salad

with Creamy Pesto Dressing & Lemon

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

19



Couscous



Vegetable Stock Pot



Crumbed Basa



Lemon



Trimmed Green Beans



Baby Spinach Leaves



Kalamata Olives



Creamy Pesto Dressing



Chicken Breast



Crumbed Basa

Prep in: 10-20 mins  
Ready in: 15-25 mins

Eat Me Early

Everything about this salad is fresh and tasty. The crisp, couscous salad packs a punch from the kalamata olives and is ready to welcome crumbed fish to your table. The creamy pesto dressing gives it that extra aromatic kick and brings all the flavours together!

### Pantry items

Olive Oil

## 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

Air fryer or large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
couscous	1 medium packet	1 large packet
vegetable stock pot	½ packet	1 packet
<b>boiling water*</b>	¾ cup	1½ cups
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
lemon	½	1
trimmed green beans	1 medium packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
kalamata olives	1 packet	2 packets
creamy pesto dressing	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2989kJ (714cal)	757kJ (192cal)
Protein (g)	26g	6.6g
Fat, total (g)	36.9g	9.3g
- saturated (g)	8.4g	2.1g
Carbohydrate (g)	65.9g	16.7g
- sugars (g)	7.7g	1.9g
Sodium (mg)	1336mg	338.2mg
Dietary Fibre (g)	5.9g	1.5g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the couscous

- Boil the kettle.
- To a medium bowl, add **couscous** and **vegetable stock pot** (**see ingredients**).
- Add the **boiling water** (¾ cup for 2 people /1½ cups for 4 people) and stir to combine. Immediately cover with a plate and leave for **5 minutes**.
- Fluff up with fork and set aside.

3



## Toss the salad

- While the fish is cooking, slice **lemon** into wedges.
- Add **trimmed green beans** and a splash of **water** to a microwave-safe bowl, then cover with a damp paper towel.
- Microwave **green beans** on high until just tender, **2-4 minutes**. Drain, then add to the bowl with the **couscous**.
- To the bowl with couscous and green beans, add **baby spinach leaves**, **kalamata olives**, a good squeeze of **lemon juice** and a drizzle of **olive oil**.
- Season with **salt** and **pepper** and toss to combine.

2



## Cook the fish

- Meanwhile, set air fryer to **200°C**.
- Place **crumbed basa** into an air fryer basket and cook, turning halfway, until golden and cooked through, **8-10 minutes** (cook in batches if needed).
- Transfer to a paper towel-lined plate. Season with **salt** and **pepper**.

**TIP:** No air fryer? Heat a large frying pan over medium-high heat with enough olive oil to coat the base. When oil is hot, cook crumbed basa until golden and cooked through, 2-3 minutes each side. Transfer to a paper towel-lined plate.

4



## Serve up

- Divide couscous salad between plates and top with quick prep crumbed fish.
- Serve with **creamy pesto dressing** and any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



### CUSTOM OPTIONS



#### SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



#### DOUBLE CRUMBED BASA

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.

