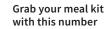


# Quick Prep Crumbed Fish & Couscous Salad with Creamy Pesto Dressing & Lemon

AIR FRYER FRIENDLY

**CLIMATE SUPERSTAR** 













Crumbed Basa



Lemon



Trimmed Green



**Baby Spinach** 

Beans



Kalamata Olives



Creamy Pesto Dressing





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



## 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
refer to method	refer to method
1 medium packet	1 large packet
½ packet	1 packet
¾ cup	1½ cups
1 medium packet	2 medium packets OR 1 large packet
1/2	1
1 medium packet	1 large packet
1 medium packet	1 large packet
1 packet	2 packets
1 medium packet	1 large packet
	refer to method 1 medium packet ½ packet ¾ cup 1 medium packet ½ 1 medium packet 1 medium packet

<sup>\*</sup>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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### 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.



### 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.



#### 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.



# 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!



