



Mediterranean Fish Stew

with Couscous and Parsley Dressing



HELLO GREEN PEPPER

Peppers are known as capsicum in some parts of the world.



Luxury Smoked Fish Pie Mix



Couscous



Flat Leaf Parsley



Vegetable Stock Powder



Chilli Flakes



Green Pepper



Italian Style Herbs



Premium Tomatoes



Garlic Clove



Tomato Purée



Onion

MEAL BAG

45 mins

2 of your 5 a day

Little heat

Fresh, zesty and wholesome, our Mediterranean-inspired fish stew is the perfect one-pot recipe for any night of the week. In this dish, our delicious seafood mix is gently combined in a rich vegetable packed stew and steamed until cooked through. We've served this delicious stew with a simple couscous salad and finished everything off with a delicious parsley dressing for a real taste of the Mediterranean.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Large Saucepan** (with a **Lid**), **Measuring Jug**, **Mixing Bowl** and **Clingfilm**. Now, let's get cooking!



1 PREP THE VEGGIES

Halve, peel and thinly slice the **onion**. Halve the **green pepper** and remove the core and seeds. Slice into thin strips. Halve the **tomatoes**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all).



2 START THE STEW

Heat a good glug of **oil** in a large saucepan over medium heat. Pop the **onion** and **pepper** into the pan. Mix well then leave to cook until beginning to colour and soften, stirring occasionally, 5-7 mins. Once soft, stir in the **garlic**, **Italian style herbs**, **tomato purée** and a pinch of **chilli flakes** to taste (careful, they're hot!). Stir, then cook for 1 more minute.



3 SIMMER THE STEW

Pop the **tomatoes** into the pan along with the **water** for the stew (see ingredients for amount), a pinch of **sugar** (if you have some) and a pinch of **salt** and **pepper** to taste. Bring to the boil, then lower the heat, cover with a lid and gently simmer for 25-30 mins, until the **tomatoes** have broken down and the **sauce** has thickened slightly. Stir occasionally. Fill and boil your kettle.



4 MAKE THE COUSCOUS

In the meantime, put the **couscous**, **one-quarter** of the **chopped parsley** and the **stock powder** in a mixing bowl. From your kettle pour the boiling **water** for the couscous (see ingredients for amount) into the bowl, stir to dissolve the **stock powder**, then cover tightly with clingfilm and leave to the side for 10 mins or until ready to serve.



5 COOK THE FISH

Put the remaining **parsley** into a small bowl and stir in the **olive oil** (see ingredients for amount), season with a pinch of **salt** and a good grind of **pepper**. Set aside. When the stew has about 5 mins left, gently stir in the **fish pie mix**. Return the lid to the pan and continue to simmer for 4-5 mins until the **fish** is cooked. **! IMPORTANT:** *The fish is cooked when opaque in the middle.*



6 FINISH UP!

Once the **fish** is cooked taste and add more **salt** and **pepper** if required. Fluff up the **couscous** with a fork, then divide between bowls with the **fish stew** spooned over. Finish with a drizzle of the **parsley oil**. **Tuck in!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Luxury Smoked Fish Pie Mix ^{4) 5) *}	215g	320g	425g
Couscous ¹³⁾	150g	225g	300g
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Vegetable Stock Powder ¹⁰⁾	½ sachet	1 sachet	1 sachet
Water for the Couscous*	300ml	450ml	600ml
Chilli Flakes	a pinch	a pinch	a pinch
Water for the Stew*	150ml	225ml	300ml
Green Pepper *	1	1½	2
Italian Style Herbs	½ pot	1 pot	1 pot
Premium Tomatoes	1 punnet	2 punnets	2 punnets
Garlic Clove *	1	2	2
Tomato Purée	1 sachet	1½ sachets	2 sachets
Onion *	1	1½	2
Olive Oil*	2 tbsp	3 tbsp	4 tbsp

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 430G	PER 100G
Energy (kJ/kcal)	2255 / 539	525 / 125
Fat (g)	15	4
Sat. Fat (g)	6	1
Carbohydrate (g)	67	16
Sugars (g)	13	3
Protein (g)	32	7
Salt (g)	0.76	0.18

Figures for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 5) Crustaceans 10) Celery 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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