



# Baked Harissa Salmon

with Roasted Veg Stew and Couscous

27

Calorie Smart **Eat Me First** • 35 Minutes • Little Spice • 3 of your 5 a day • Under 600 Calories



Aubergine



Bell Pepper



Garlic Clove



Couscous



Vegetable Stock Paste



Salmon Fillet



Harissa Paste



Tomato Passata

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Kettle, Garlic Press, Cling Film, Heatproof Bowl, Baking Paper, Frying Pan and Baking Tray.

## Ingredients

	2P	3P	4P
Aubergine**	1	1	2
Bell Pepper***	1	2	2
Garlic Clove**	1	2	2
Couscous <b>13</b>	120g	180g	240g
Water for the Couscous*	240ml	360ml	480ml
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Salmon Fillet** <b>4</b>	2	3	4
Harissa Paste**	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	534g	100g
Energy (kJ/kcal)	2437 / 583	456 / 109
Fat (g)	21	4
Sat. Fat (g)	3	1
Carbohydrate (g)	63	12
Sugars (g)	16	3
Protein (g)	33	6
Salt (g)	2.03	0.38

Nutrition for uncooked ingredients based on 2 person recipe. **SmartPoints® values based on low-cal cooking spray oil.**

## Allergens

4) Fish 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Roast the Aubergine

Preheat your oven to 200°C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop into roughly 2cm pieces. Pop the **aubergine** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat. Spread out in a single layer. When the oven is hot, roast on the top shelf until the **aubergine** is soft and golden, 20-25 mins. Turn halfway.



## Bake the Salmon

Meanwhile, lay the **salmon fillets** onto a baking tray lined with baking paper, skin-side down. Season with **salt** and **pepper**. Pop **half** the **harissa paste** in a bowl and then spread it over the top of the **salmon** using a teaspoon (you'll use the rest of the **harissa** later on). **IMPORTANT: Wash your hands after handling raw fish.** Bake the **salmon** on the middle shelf of your oven until cooked through, 12-15 mins. **IMPORTANT: The fish is cooked when the centre is opaque.**



## Get Prepped

Meanwhile, halve the **pepper** and discard the core and seeds. Chop into 2cm sized chunks. Peel and grate the **garlic** (or use a garlic press).



## Make the Sauce

While everything cooks, heat a drizzle of **oil** in a frying pan on medium-high heat and add the **pepper**. Fry until softened, stirring occasionally, 4-5 mins. Add the **garlic** and stir together, 1 min. Add the **tomato passata**, **water for the sauce** (see ingredients for amount), remaining **veg stock paste** and **harissa paste**. Stir together, bring to a simmer and cook until reduced slightly, 3-4 mins. Once cooked, stir in the **roasted aubergine**. Season to taste with **salt** and **pepper**.



## Couscous Time

Fill and boil your kettle. Put the **couscous** in a bowl. Pour the **boiling water for the couscous** (see ingredients for amount) and **half** the **veg stock paste** into the bowl, cover tightly with cling film and leave to the side for 10 mins or until ready to serve.



## Serve Up

Fluff up the **couscous** with a fork. Season to taste and add a drizzle of **oil**. Divide the **couscous** between your plates and spoon on the **roasted veg stew**. Place the **baked salmon fillets** on top.

## Enjoy!

*There may be changes to ingredients in recipes:*

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.