



# Pan-seared Salmon and Ratatouille with muscat-spiced couscous

Calorie Smart 25-30 mins • Eat me first • Spicy

11



Salmon



Aubergine



Bell Pepper



Couscous



Chopped Tomato  
with Onion & Garlic



Hello Muscat



Paprika



Parsley



Harissa Paste

## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Pot with lid

## Ingredients

	2P	4P
Salmon	200 g	400 g
Aubergine	1 unit	2 units
Bell Pepper	1 unit	2 units
Couscous	100 g	250 g
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Hello Muscat	1 sachet	2 sachets
Paprika	1 sachet	2 sachets
Parsley	5 g	10 g
Harissa Paste	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>573.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2405.8 kJ/ 575 kcal	419.5 kJ/ 100.3 kcal
Fat (g)	20.8 g	3.6 g
Sat. Fat (g)	3.6 g	0.6 g
Carbohydrate (g)	64.9 g	11.3 g
Sugars (g)	19.8 g	3.5 g
Protein (g)	32 g	5.6 g
Salt (g)	4.8 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to rate this recipe.



You can recycle me!



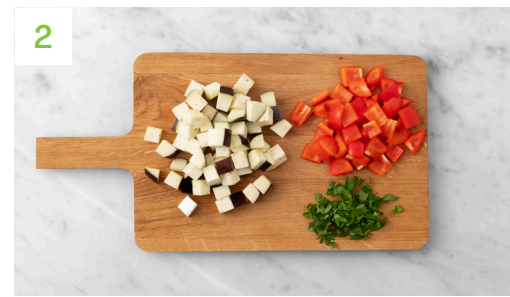
### Make the Couscous

- Add the **couscous** to a medium bowl along with the **muscat**.
- Pour 200ml boiling **water** (500ml for 4p) into the bowl.
- Cover with a plate or cling film and leave aside for 10 mins (or until ready to serve).



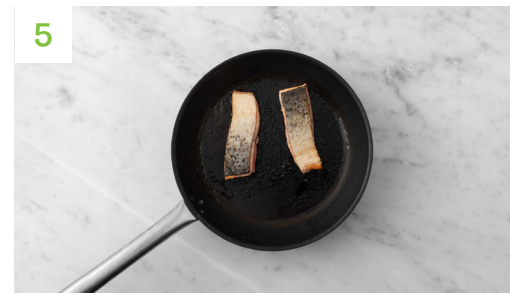
### Simmer the Stew

- Reduce the heat of the pot to medium-high.
- Add the **harissa paste, chopped tomatoes, paprika, ½ tsp sugar** (double for 4p) and **half the parsley**.
- Cover and simmer for 5-7 mins.
- Add a splash of **water** to loosen the sauce if necessary.
- Season to taste with **salt, pepper** and **sugar**.



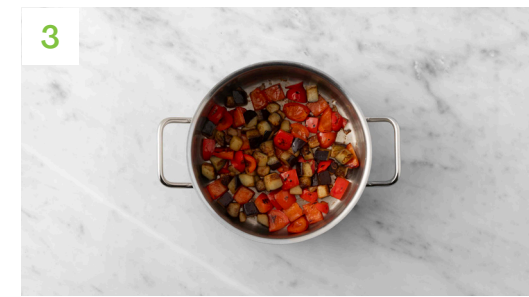
### Get Prepped

- Trim the **aubergine** then cut into 2cm cubes.
- Halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.
- Roughly chop the **parsley** (stalks and all).



### Fry the Fish

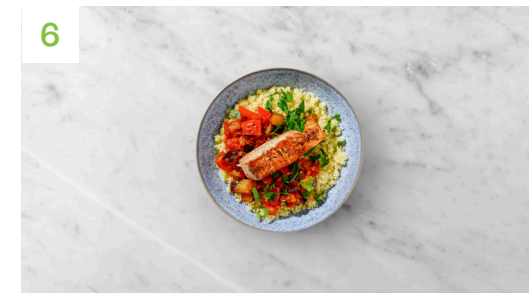
- Meanwhile, place a pan over high heat with a drizzle of **oil**.
- Pat the **salmon** dry with kitchen paper. Season with **salt** and **pepper**.
- Once hot, add the **salmon** fillets, skin-side down, and cook for 4-5 mins.
- Turn over and cook on the other side for 3-4 mins more. **IMPORTANT:** Wash hands and equipment after handling raw fish. Fish is cooked when opaque in the middle.



### Char the Veg

- Place a large pot over high heat with a good glug of **oil**.
- When the **oil** is hot, fry the **aubergine** and **pepper** until charred, 7-9 mins.
- Season with **salt** and **pepper**.

**TIP:** By stirring only every so often you'll allow the veg to char nicely.



### Finish and Serve

- Fluff up the **couscous** with a fork and divide between bowls.
- Top with the pan-fried **salmon**.
- Serve the ratatouille alongside.
- Garnish with the remaining **parsley**.

Enjoy!