



# Roasted Salmon with Ratatouille and Couscous

**Classic** 35 Minutes • 1.5 of your 5 a day

4



Aubergine



Bell Pepper



Garlic Clove



Couscous



Vegetable  
Stock Powder



Salmon Fillets



Italian Herbs



Tomato Passata

## Before you start

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

## Cooking tools, you will need:

Chopping Board, Sharp Knife, Baking Tray, Fine Grater (or Garlic Press), Kettle, Bowl, Frying Pan and Fork.

## Ingredients

	2P	3P	4P
Aubergine**	1	1	2
Bell Pepper***	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Couscous <b>13</b>	120g	180g	240g
Vegetable Stock Powder <b>10</b>	2 sachets	3 sachets	4 sachets
Boiling Water for the Couscous*	240ml	360ml	480ml
Salmon Fillets <b>4</b> )**	2	3	4
Italian Herbs	1 pot	1 pot	2 pots
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for Ratatouille*	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	563g	100g
Energy (kJ/kcal)	2433 / 582	432 / 103
Fat (g)	16	3
Sat. Fat (g)	3	1
Carbohydrate (g)	64	11
Sugars (g)	16	3
Protein (g)	32	6
Salt (g)	1.96	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

## 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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1



## 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 them onto a large baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, then arrange in a single layer. Roast the **aubergine** until golden brown and soft, 20-25 turning halfway through.

2



## 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).

3



## Couscous Time!

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

4



## Roast the Salmon

Meanwhile, line a baking tray with baking paper and drizzle with **oil**. Place the **salmon fillets** on the baking tray skin-side down. Drizzle with a little bit more **oil** and season with **salt** and **pepper**. **IMPORTANT:** Wash your hands after handling raw fish. Pop the **salmon** onto the middle shelf of your oven and bake for 12-15 mins. **IMPORTANT:** The fish is cooked when the centre is opaque.

5



## Make the Ratatouille

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 minute. Pop in the **Italian herbs**, **passata**, remaining **stock powder** and **water** (see ingredients for amount). Stir together, bring to a simmer and cook until reduced slightly, 3-4 mins. Once cooked, stir in the roasted **aubergine**. Season with **salt** and **pepper** to taste.

6



## Serve Up

Fluff up the **couscous** with a fork. Season with **salt** and **pepper** to taste. Divide the **couscous** between plates and spoon on the **ratatouille**. Place the roasted **salmon fillet** 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.