



# Roasted Salmon and Ratatouille with couscous

Classic 40-50 mins • Eat me first

2



Salmon



Aubergine



Garlic



Vegetable Stock



Italian Herbs



Bell Pepper



Couscous



Passata

Pantry Items: Water, Salt, Pepper, Oil

## Before you start

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

## Cooking tools you will need

Grater, Baking Sheet with Baking Paper, Lid, Pot

## Ingredients

|                 | 2P       | 4P        |
|-----------------|----------|-----------|
| Salmon          | 200 g    | 400 g     |
| Aubergine       | 1 unit   | 2 units   |
| Garlic          | 1 unit   | 2 units   |
| Vegetable Stock | 1 sachet | 2 sachets |
| Italian Herbs   | ½ sachet | 1 sachet  |
| Bell Pepper     | 1 unit   | 2 units   |
| Couscous        | 100 g    | 200 g     |
| Passata         | 1 pack   | 2 packs   |

## Nutrition

|                          | Per serving              | Per 100g                |
|--------------------------|--------------------------|-------------------------|
| for uncooked ingredients | 464 g                    | 100 g                   |
| Energy (kJ/kcal)         | 2064.5 kJ/<br>493.4 kcal | 444.9 kJ/<br>106.3 kcal |
| Fat (g)                  | 17 g                     | 3.7 g                   |
| Sat. Fat (g)             | 3.2 g                    | 0.7 g                   |
| Carbohydrate (g)         | 55.1 g                   | 11.9 g                  |
| Sugars (g)               | 12.8 g                   | 2.8 g                   |
| Protein (g)              | 29.8 g                   | 6.4 g                   |
| Salt (g)                 | 1.9 g                    | 0.4 g                   |

Nutrition for uncooked ingredients based on 2 person recipe.

## 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.



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### Roast the Aubergine

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- In a pot for the **couscous** boil 200ml **water** (double for 4p). Add half the **stock**.
- Trim the **aubergine** and halve lengthways. Chop each half into four strips and chop into 2cm pieces. Toss with a little **oil** and season with **salt** and **pepper**.
- Arrange in one layer on a lined baking tray. Roast until soft, 20-25 mins. Turn halfway through.

**TIP:** If you're in a hurry you can boil the water in your kettle.



### Roast the Salmon

- Lay the **salmon** fillets (skin-side down) onto a lined baking tray.
- Season with **salt** and **pepper**.
- When the oven is hot, roast the **salmon** on the top shelf until cooked through, 10-15 mins.  
**IMPORTANT:** Wash your hands and equipment after handling raw fish. The salmon is cooked when opaque in the middle.



### Prep the Veg

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



### Make the Couscous

- Remove the **stock** from the heat, stir in the **couscous** and pop a lid on the pot.
- Leave to the side for 8-10 mins or until ready to serve.



### Cook the Ratatouille

- Heat a drizzle of **oil** in a pan on medium-high heat and add the **pepper**. Fry until softened, stirring occasionally, 4-5 mins.
- Add the **garlic** and stir together. Cook for 1 min.
- Add half the **Italian herbs** (double for 4p), **passata**, remaining **stock** and 100ml **water** (double for 4p).
- Stir together and simmer until reduced slightly, 3-4 mins.
- Once cooked, stir in the roasted **aubergine**. Season to taste with **salt** and **pepper**.



### Dish Up

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

Enjoy!