



Roasted Salmon and Ratatouille with couscous

Classic 40-50 mins • Eat me first

1



Salmon



Aubergine



Passata



Garlic



Couscous



Bell Pepper



Italian Herbs



Vegetable Stock

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
Passata	1 pack	2 packs
Garlic	1 unit	2 units
Couscous	100 g	250 g
Bell Pepper	1 unit	2 units
Italian Herbs	1 sachet	2 sachets
Vegetable Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	464 g	100 g
Energy (kJ/kcal)	2064.5 kJ/ 493.4 kcal	444.9 kJ/ 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

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Cook 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. **IMPORTANT:** Wash your hands and equipment after handling raw fish. Season with **salt** and **pepper**.
- When the oven is hot, roast the **salmon** on the top shelf until cooked through, 10-15 mins. **IMPORTANT:** 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).



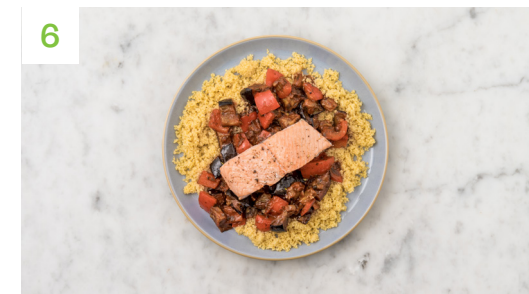
Cook the Ratatouille

- 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 the **Italian herbs**, **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**.



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.



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!