



Harissa Salmon Stew

with Potatoes and Spinach



20-30min



4 Portions

Bring the flavours of North Africa to your midweek table with this hearty, healthy stew. Featuring creamy potato, sweet carrot and market-fresh fish, it's inspired by the fragrant seaside dishes signature to Tunisian cuisine. That country's classic seasoning, harissa, is swirled into the bubbling pan to delicious, mildly-spiced effect.

What we send

- 4 Tasmanian salmon fillets ⁴
- carrot
- baby spinach leaves
- parsley, garlic
- onion
- tomato paste
- vegetable stock cube
- potato
- harissa seasoning ¹⁷

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- boiling water
- olive oil
- sea salt and pepper
- vinegar

Utensils

- large deep frypan or saucepan with lid

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

If you would like a spicier stew, add 1 tbs harissa to the dish.

Allergens

Fish (4), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 490kcal, Fat 26.4g, Carbs 25.6g, Proteins 32.9g



1. Prepare ingredients

Read through the recipe. Peel and cut the **potatoes** into 1.5cm chunks. Finely chop the **onion**. Peel and quarter the **carrots** lengthwise, then cut into 1cm slices. Crush or finely chop the **garlic**.



2. Cook the vegetables

Heat **2 tbs olive oil** in a large deep frypan over medium heat. Add the **potato**, **onion** and **carrot** and cook for 5 mins or until browned. Add the **garlic** and **2 tsp harissa seasoning**** (see cooking tip), and cook for a further 2 mins or until fragrant.



3. Make tomato stock

Crumble the **stock cubes** into a jug. Add **625ml (2½ cups) boiling water** and stir to combine. Stir in the **tomato paste**. Pour the **tomato stock** into the pan, add **1 tsp white wine vinegar** and bring to the boil. Reduce heat to low, cover the pan and cook for 10-12 mins until the potatoes are tender.



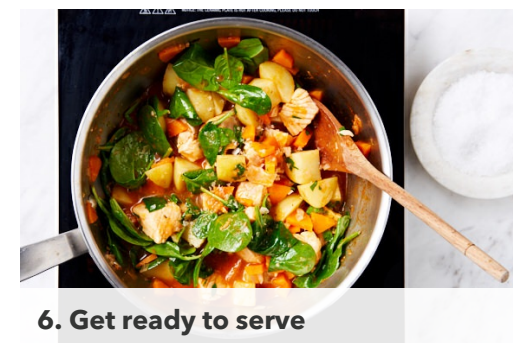
4. Prepare salmon

Meanwhile, finely chop the **parsley**, including the stems. Put the **salmon** on a board and using a sharp knife, carefully slice between the skin and the flesh, to remove the skin. Cut the salmon into 2cm chunks.



5. Add salmon

Add the **salmon** and **half the parsley** to the stew, increase heat to medium, cover, and cook for 3 mins or until the salmon is almost cooked. Season with **salt and pepper** to taste.



6. Get ready to serve

Add the **spinach** and cook for 1 min or until the spinach has wilted and the salmon is cooked. Divide the **stew** among bowls. Scatter with the **remaining parsley** to serve.