



DUKKAH-CRUSTED COD

with Cranberry Couscous and Roasted Veggies



HELLO DUKKAH

That's DOO-kah, an addictive Egyptian seasoning with both spice and crunch

PREP: 5 MIN | TOTAL: 35 MIN | CALORIES: 580



Brussels Sprouts



Veggie Stock Concentrate



Dried Cranberries



Dukkah
(Contains: Tree Nuts)



Lemon



Roma Tomato



French Couscous
(Contains: Wheat)



Cod
(Contains: Fish)



Parsley

START STRONG

Make sure to pat your cod fillets dry with a paper towel. This will help the crust stick and ensure that it gets nicely golden and toasty.

BUST OUT

- Baking sheet
- Small pot
- Paper towel
- Small pan
- Olive oil (1 TBSP | 2 TBSP)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|----------------------------|-----------------|
| • Brussels Sprouts | 8 oz 16 oz |
| • Roma Tomato | 1 2 |
| • Veggie Stock Concentrate | 1 2 |
| • French Couscous | ½ Cup 1 Cup |
| • Dried Cranberries | 1 oz 2 oz |
| • Cod | 12 oz 24 oz |
| • Dukkah | 2 TBSP 4 TBSP |
| • Parsley | ¼ oz ¼ oz |
| • Lemon | 1 1 |

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1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 425 degrees. Trim **Brussels sprouts**, then halve lengthwise through stem. Cut **tomato** into 6 wedges. Toss **veggies** on a baking sheet with a large drizzle of **olive oil**. Season with **salt** and **pepper**. **TIP:** Arrange Brussels sprouts on sheet cut-side down to help them crisp.



4 ROAST FISH AND MAKE SAUCE

Return sheet to oven and continue roasting until **veggies** are done and **fish** is flaky and opaque, 10-12 minutes more. Meanwhile, finely chop **parsley**. Cut **lemon** into halves. Melt **2 TBSP butter** in a small pan over medium heat. Squeeze in juice from one **lemon half**, then stir in half the **parsley**. Season with **salt** and **pepper**. Remove from heat.



2 ROAST VEGGIES AND COOK COUSCOUS

Roast **veggies** in oven until **Brussels sprouts** are crisp and **tomatoes** are soft, 20-25 minutes. Meanwhile, bring **1 cup water** and **stock concentrate** to a boil in a small pot. Once boiling, stir in **couscous** and **cranberries**. Cover and remove from heat.



5 FINISH COUSCOUS

Fluff **couscous** with a fork, then stir in remaining **parsley** and a big squeeze of **lemon juice** (more or less to taste). Season to taste with **salt** and **pepper**.



3 CRUST FISH

Pat **cod** dry with a paper towel. Brush with a drizzle of **olive oil**, then season with **salt** and **pepper**. Pat a layer of **dukkah** on top of each fillet, pressing gently to adhere. With about 12 minutes to go on **veggies**, remove baking sheet from oven and place cod on same sheet (scoot veggies to make room).



6 PLATE

Divide **couscous** between plates. Top with **cod fillets**. Spoon **sauce** over cod. Serve with **Brussels sprouts** and **tomatoes** on the side.

PUCKER UP!

Those cranberries add a surprise hint of tartness.