



Cooking Made Easy



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Pistachio-Crusted Basa

with Za'atar Brussels Sprouts & Dilled Couscous



Never used za'atar before? Originated in the Middle East, it's a spice blend made primarily from sumac, sesame, marjoram, and oregano that's both woody and citrusy. We've paired it here with floral lemon zest, nutty pistachios, and bright dill for a uniquely Mediterranean flavor profile.



30 min



level 1



eat me first



lactose free



Basa Fillets



Za'atar



Pistachios



Panko



Dijon Mustard



Brussels Sprouts



Couscous



Stock Concentrate



Dill



Lemon

Ingredients

	2 People	4 People
Basa Fillets	1)	2
Za'atar	2 t	4 t
Pistachios	2)	1 oz
Panko	3)	¼ C
Dijon Mustard		1 T
Couscous	3)	¾ C
Stock Concentrate		1
Dill		1 bunch
Lemon		1
Brussels Sprouts		8 oz
Olive Oil*		2 T

*Not Included

Allergens

- 1) Fish
- 2) Nuts
- 3) Wheat

Tools

Small Bowl, Baking Sheet, Small Pot

Ruler

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Nutrition per person Calories: 753 cal | Carbs: 77 g | Fat: 32 g | Protein: 44 g | Fiber: 10 g



1 Preheat oven to 400 degrees. Trim and halve the **Brussels sprouts** lengthwise. Toss on a baking sheet with ½ tablespoon **olive oil** and 1 teaspoon **za'atar**. Season with **salt** and **pepper**, then place in the oven for about 20-25 minutes, until golden brown.



2 Meanwhile, bring 1 ½ cups **water** to a boil with the **stock concentrate** in a small pot over medium heat. Very finely chop the **pistachios**. Zest and halve the **lemon**. Roughly chop the **dill**.

3 Once boiling, add the **couscous** to the **water** with a pinch of **salt**. Cover, remove from heat, and set aside.

4 In a small bowl, combine **pistachios**, **panko**, **half the lemon zest**, and **remaining za'atar**. Season with **salt** and **pepper**. Using a spoon or a pastry brush, coat the top of the **basa fillets** evenly with **dijon mustard**.



5 Remove the baking sheet from the oven and move the Brussels sprouts aside to make room for the fish. Place the **basa fillets** on the baking sheet and season with **salt** and **pepper**. Top fillets with **panko mixture**, pressing breading to adhere. Return the baking sheet to the oven for about 10 minutes, until flaky and opaque.

6 Fluff **couscous** with a fork and toss in **half the chopped dill** and **half the lemon zest**. Serve **basa** on a bed of **couscous** with **Brussels sprouts** to the side. Finish with a squeeze of **lemon** on top and a pinch of **dill**. Enjoy!



Tip For an extra rich sauce, melt 2 tablespoons **butter** in a pan over medium heat. Add a squeeze of **lemon**, any **remaining dill**, and season with **salt** and **pepper**. You can use this to drizzle over the basa or stir it into the couscous!