



More than Food

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Pan-Seared Mahi Mahi and Citrus-Herb Salad with Whole Wheat Couscous and Caramelized Bell Pepper

Meaty mahi mahi fillets are one of the easiest types of fish to prepare—their firm flesh won't fall apart when cooked. If you've got a grill, mahi mahi also makes a fine grilling fish. A parsley, orange, and olive salad completes the plate with a bright, tangy finish.



35 min



level 2



nut free



dairy free



Mahi Mahi



Yellow Bell Pepper



Whole Wheat Couscous



Navel Orange



Shallot



Parsley



Olives



Lemon

Ingredients

	2 People	4 People	
Mahi Mahi	2)	12 oz	24 oz
Yellow Bell Pepper		1	2
Whole Wheat Couscous	1)	½ C	1 C
Navel Orange		1	2
Shallot		1	2
Parsley		½ oz	1 oz
Olives		1 oz	2 oz
Lemon		1	2
Olive Oil*		2 ½ T	5 T

*Not Included

Allergens

- 1) Wheat
- 2) Fish

Tools

Baking Sheet, Zester, Large Pan, Small Pot, Medium Bowl

Nutrition per person Calories: 577 cal | Carbs: 62 g | Fat: 21 g | Protein: 42 g | Fiber: 11 g

Ruler

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1 Preheat oven to 425 degrees. Halve, seed, and remove the white ribs from the **bell pepper**, then thinly slice. Toss the **bell pepper** on a baking sheet with **1 tablespoon olive oil** and a pinch of **salt** and **pepper**. Place in the oven for 20-25 minutes, until soft and slightly caramelized.



2 Meanwhile, thinly slice the **shallot**. Zest the **lemon**, then cut into wedges. Pick the **parsley leaves** off the stems and chop **half the leaves**. Discard the stems. Thinly slice the **olives**. Zest the **orange**. Using your knife, slice off the ends of the **orange**. Place the orange flat on your cutting board and slice off the remaining peel by running your knife around the flesh, until only the inner fruit remains. Working over a medium bowl, hold the fruit in one hand and cut between each membrane to release the **orange segments**. Discard remaining orange core.



3 In a small pot, bring **1 cup water** to a boil with a large pinch of **salt**. Once boiling, add the **couscous**, cover, and remove from heat until the rest of the meal is ready.



4 **Cook the mahi mahi:** heat **½ tablespoon olive oil** in a large pan over medium-high heat. Season the **mahi mahi** with **salt** and **pepper** on both sides. Add the mahi mahi to the pan and cook about 3 minutes per side, until opaque. **HINT:** If you have a grill pan, this is a great time to use it!

5 **Make the citrus-herb salad:** toss the **olives**, **parsley leaves**, **½ tablespoon olive oil**, and the **shallot** (to taste) into the bowl with the **orange segments**. Season with **salt**, **pepper**, and a squeeze of **lemon**.

6 **Finish the couscous:** fluff the **couscous** with a fork and stir in **½ tablespoon olive oil**, the **chopped parsley**, **orange and lemon zest** (to taste), and a squeeze of **lemon**. Season with **salt** and **pepper**.

7 Plate the **couscous**, then top with the **bell peppers** and **mahi mahi**. Top with the **citrus-herb salad** and enjoy!