



THE GREAT CAPER: COD PICCATA

with Couscous and Baby Spinach



HELLO PICCATA

When briny capers meet melted butter and a splash of lemon

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 590



Cod
(Contains: Fish)



Shallot



Lemon



Thyme



Israeli Couscous
(Contains: Wheat)



Veggie Stock
Concentrate



Baby Spinach



Capers

START STRONG

It's amazing how an enormous pile of spinach leaves quickly shrinks and loses its volume. If there are more than you can fit in your pan at first, feel free to work in batches.

BUST OUT

- Strainer
- Medium pot
- 2 Large pans
- Olive oil (1 TBSP | 2 TBSP)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Shallot 1 | 2
- Lemon 1 | 2
- Capers 1 oz | 2 oz
- Israeli Couscous $\frac{3}{4}$ Cup | $1\frac{1}{2}$ Cups
- Veggie Stock Concentrate 1 | 2
- Baby Spinach 5 oz | 10 oz
- Cod 12 oz | 24 oz
- Thyme $\frac{1}{4}$ oz | $\frac{1}{4}$ oz

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1 PREP Wash and dry all produce. Halve, peel, and finely chop **shallot**. Halve **lemon**. Drain and rinse **capers**.



4 SEAR COD Heat a drizzle of **olive oil** in another large pan over medium-high heat. (**TIP:** Use a nonstick pan if you have one.) Season **cod** on all sides with **salt** and **pepper**. Add to pan and cook until nicely browned on surface, 2-3 minutes per side.



2 COOK COUSCOUS Heat a drizzle of **olive oil** in a medium pot over medium heat. Add half the **shallot** and cook until softened, 2-3 minutes, tossing. Stir in **couscous**, **stock concentrate**, **2 cups water**, and a large pinch of **salt**. Bring to a boil, cover, and reduce heat. Gently simmer until tender, 10-12 minutes.



5 MAKE SAUCE Add **thyme** and **2 TBSP butter** to pan. Once melted, spoon **butter** over **cod** and **thyme** until cod is cooked through, about 1 minute. Add **capers** and a squeeze of **lemon** and gently shake the pan to distribute and warm through. Season sauce to taste with **salt** and **pepper**. Discard **thyme**.



3 WILT SPINACH Heat a drizzle of **olive oil** in a large pan over medium heat. Add remaining **shallot** and cook until softened, 2-3 minutes. Add **spinach** and toss until wilted, 2-3 minutes. Season with **salt** and **pepper**. Remove pan from heat and cover to keep warm.



6 PLATE AND SERVE Divide **couscous** between plates, then top with **spinach** and **cod**. Drizzle with **sauce** from pan and serve.

MANGIARE!

Next time, dredge the fillets in flour to make them extra brown and crisp.