



Honey Glazed Cod and Harissa Mixed Bean Stew with Couscous



CLASSIC 30 Minutes • Medium Heat • 1.5 of your 5 a day



Red Onion



Garlic Clove



Coriander



Mixed Beans



Harissa Paste



Tomato Puree



Vegetable Stock Powder



Honey



Couscous



Cod Fillet

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Colander, Frying Pan, Measuring Jug, Saucepan and Mixing Bowl.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	2 cloves	3 cloves	3 cloves
Coriander**	1 bunch	1 bunch	1 bunch
Mixed Beans	1 carton	1½ cartons	2 cartons
Harissa Paste	1 sachet	1½ sachets	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Water for the Harissa Chickpeas*	200ml	300ml	400ml
Vegetable Stock Powder 10	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	2 sachets	2 sachets
Water for the Couscous*	240ml	360ml	480ml
Couscous 13	120g	180g	240g
Cod Fillet 4 **	2	3	4

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	403g	100g
Energy (kJ/kcal)	2249 /538	558 /133
Fat (g)	9	2
Sat. Fat (g)	1	1
Carbohydrate (g)	70	17
Sugars (g)	18	4
Protein (g)	38	9
Salt (g)	1.42	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish **10)** Celery **13)** Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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You can recycle me!



Packed in the UK



1. Get Prepped

Halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all). Drain and rinse the **mixed beans** in a colander. Pop **half** of them into a bowl and crush with the back of a fork.



4. Couscous Time

Heat a drizzle of **oil** in a medium saucepan on medium high heat. Add the remaining **onion** and cook, stirring, until soft, 3-4 mins. Add the remaining **garlic** and cook for 1 min. Pour the **water** for the couscous (see ingredients for amount) into the saucepan with the remaining **stock** and bring to the boil. When boiling, remove from the heat and stir in the **couscous**, pop a lid on the pan and remove from the heat. Leave to the side for 8-10 mins or until ready to serve.



2. Start the Harissa Beans

Heat a drizzle of **oil** in a frying pan on medium high heat. Add **half** the **onion** and cook, stirring occasionally, until soft, 4-5 mins. Add **half** the **garlic**, the **harissa paste** and **tomato puree** and cook, stirring, for 1 min. Add the **water** (see ingredients for amounts) with **half** the **stock powder** and **half** the **honey**. Stir well to dissolve the **stock powder**.



5. Cook the Fish

Pop the **cod fillets** into a bowl with a drizzle of **oil**, the remaining **honey** and season with **salt** and **pepper**. Mix to coat. Heat a frying pan on high heat and cook until golden brown, 2 mins each side. Pop the **cod** onto the **beany stew**, cover with a lid (or some foil) and cook until the **fish** is cooked through, 1-2 mins. **IMPORTANT: The fish is cooked when opaque in the middle.**



3. Simmer!

Add the whole and crushed **beans** to the **mixture**, season with **salt** and **pepper** and bring to a simmer. Reduce the heat to medium and simmer until thickened slightly, 12-15 mins. Add a splash of **water** if it starts to look dry.



6. Finish and Serve

Stir **half** the **coriander** through the **couscous**. Taste and season with **salt** and **pepper** if you like. Divide the **couscous** between plates and spoon over the **harissa beans** and **cod**. Top with the remaining **coriander**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.