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## Moroccan Spiced Cod Parcel with Fragrant Couscous and Orange Dressing

It's no secret that our chef Vix prides herself on her Moroccan inspired recipes. Chef André thought he would give her a bit of a run for her money and team a sweet and delicately flavoured Moroccan couscous with spicy cod. Even Vix thinks this one is a winner!



25 mins



healthy



super spicy



eat within 2 days



0.5 of your 5 a day



Wholemeal Couscous (150g)



Vegetable Stock Pot (½)



Water (300ml)



Chermoula Spice Mix (½ tsp)



Cod Fillet (2)



Orange (1)



Red Onion (1)



Garlic Clove (1)




Flat Leaf Parsley (1 bunch)



Flaked Almonds (20g)

## 2 PEOPLE INGREDIENTS

- Wholemeal Couscous **150g**
- Vegetable Stock Pot **½**
- Water **300ml**
- Chermoula Spice Mix **½ tsp**
- Cod Fillet **2**
- Orange **1**
- Red Onion, sliced **1**
- Garlic Clove, grated **1**
- Flat Leaf Parsley, chopped **1 bunch**
- Flaked Almonds **20g**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

The North African staple dish 'couscous' dates back to the thirteenth century!

**Allergens:** Gluten, Celery, Sulphites, Fish, Nut.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	485 kcal / 2049 kJ	12 g	1 g	61 g	6 g	36 g	2 g
<b>Per 100g</b>	185 kcal / 519 kJ	3 g	0 g	15 g	2 g	10 g	0 g

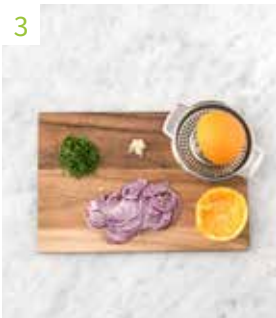
**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains Sulphites), Stabiliser (Tara Gum), Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

2



**1** Pre-heat your oven to 200 degrees and pop the kettle on to boil. Put the **couscous** in a bowl with a drizzle of **oil**, a pinch of **salt** and a good grind of **black pepper**. Dissolve the **vegetable stock pot** in the boiling **water** (amount as stated in the ingredient list), add 1 pinch of **chermoula spice mix** per person, and then pour your **stock** onto your **couscous**. Cover the bowl with a plate or clingfilm and leave for 10 mins.

3



**2** Tear a piece of tinfoil the size of an A4 piece of paper for each **cod fillet** and place each **fillet** on its foil. Zest the **orange** with a grater, and then season each **cod fillet** with a pinch of **chermoula spice mix** and a pinch of **orange zest**. Add a splash of **oil** and then fold the sides up to create a parcel. Scrunch the top shut and put the parcels on a baking tray. Pop them in your oven for 8-10 mins. **Tip:** *The cod is cooked when the centre is opaque.*

**3** Cut the **red onion** in half through the root, peel and then cut into thin half moon slices. Peel and grate the **garlic** (use a garlic press if you have one). Roughly chop the **flat leaf parsley**. Squeeze the **juice** from the **orange** into a bowl.

4



**4** Heat a frying pan over medium heat and add the **flaked almonds**. Cook for 3 mins, or until golden brown. Remove from the pan and wipe the pan out with a piece of kitchen paper. Keep your **almonds** to one side.

**5** Add a splash of **oil** to the now empty frying pan, and when the **oil** is hot, add your **red onion** and cook for 5 mins until soft. Add your **garlic**, cook for 1 minute and then add half your **orange juice**. Cook for another minute or until the **orange juice** has almost evaporated. Remove from the heat and stir your **red onion mixture** into your **couscous**.

6



**6** Remove your **cod parcels** from the oven when ready and keep to one side. Now make your dressing. Mix your remaining **orange juice** and **zest** with half of your **flat leaf parsley**, season with a pinch of **salt** and a good grind of **black pepper**. Mix in 1 tbsp of **olive oil** per person and keep your **dressing** to one side.

**7** Stir your remaining **parsley** through your **couscous**, taste and add more **salt** and **pepper** if necessary.

**8** Pop a generous amount of **couscous** on each plate and carefully remove your **cod** from its parcel using a fish slice. Pop your **cod** on top of your **couscous** and then finish the dish with a sprinkle of **flaked almonds**, a drizzle of your **orange dressing** and any juices left in your parcel. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!