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Moroccan Spiced Fish and Roast Potato with Cooling Cucumber Raita

Who says this national treasure of a dish can't be given a cheeky international twist? Almost two years ago now a young, footloose, fancy-free Patrick predicted that Tilapia would be 'the fish of the future'. Well the future is here and his prediction is coming along nicely. A delicious, firm fish, popular in tropical climes, Tilapia is a sustainable fish that's perfectly complemented by robust Moroccan spices.

35 mins

1 of your 5 a day

mealkit

spicy



Red Potato
(1 pack)



Cucumber
(½)



Mint
(½ bunch)



Natural Yoghurt
(1 pot)



Ras-el-Hanout
(1½ tsp)




Flour
(1 tbsp)



Tilapia Fillet
(2)

2 PEOPLE INGREDIENTS

- Red Potato, chopped **1 pack**
- Cucumber, grated **½**
- Mint, chopped **½ bunch**
- Natural Yoghurt **1 pot**
- Ras-el-Hanout **1½ tsp**
- Flour **1 tbsp**
- Tilapia Fillet **2**

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

Did you know...

Tilapia actually isn't just a single species of fish, it's a genus. There are about one hundred different species of this fish, but the most commonly referred to is the 'blue Tilapia'.

Allergens: Milk, Gluten, Fish.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	406 kcal / 1716 kJ	13 g	2 g	49 g	5 g	26 g	0 g
Per 100g	104 kcal / 440 kJ	3 g	0 g	13 g	1 g	7 g	0 g



1 Preheat your oven to 200 degrees. Chop the **red potato** into chunks (leaving the nutritious skin on). Place on a baking tray and toss in a splash of **olive oil** and a good pinch of **salt** and **black pepper**. Put on the top shelf of your oven for 25 mins or until crispy.



2 Peel the **cucumber** and cut in half lengthways and lengthways again. Slice along each length to remove and discard the seeds. Grate your **cucumber** and then put in a colander in your sink to drain some of the excess water.



3 Pull the mint leaves off their stalks. Discard the stalks and finely chop the leaves. Mix two-thirds into the **yoghurt** along with your **cucumber**. Season with **salt** and **black pepper** to taste. This is your raita!

4 Stir together the **ras-el-hanout** and the **flour** with a pinch of **salt** and **black pepper**. Coat the **fish** on all sides with the **mixture**.



5 Heat a splash of **olive oil** in a non-stick pan on high heat. Place your **fish** away from yourself into the pan (to avoid sputtering). Cook on one side for 2 mins, then gently turn over to cook for a further minute. **Tip:** *If you have some, in the last 30 seconds add a knob of butter and spoon it over as it melts.*

6 Take your **potato** out of your oven and divide between your plates. Lay your **moroccan spiced fish** on top and pour over any juices from the pan. Spoon on a good dollop of **cooling cucumber raita** and garnish with your remaining **mint**.

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