



CATCH OF THE DAY: COD OVER COUSCOUS

with Citrus Dill Slaw

PREP: 10 MIN
TOTAL: 30 MIN

LEVEL 2

MAKE
FIRST

NUT
FREE



HELLO

ORANGE-DILL SLAW

Tangy with major crunch

INGREDIENTS:

	FOR 2 PEOPLE:	FOR 4 PEOPLE:
• Orange	1	2
• Lemon	1	1
• Scallions	2	4
• Dill	¼ oz	¼ oz
• Capers	1 oz	2 oz
• Shredded Red Cabbage	4 oz	8 oz
• Sherry Vinegar	2 TBSP	4 TBSP
• Veggie Stock Concentrate	1	2
• Whole Wheat Couscous (Contains: Wheat)	¾ Cup	1½ Cups
• Cod Fillets (Contains: Fish)	12 oz	24 oz

NUTRITION PER SERVING

597 cal | Fat: 17 g | Sat. Fat: 5 g | Protein: 42 g | Carbs: 73 g | Sugar: 11 g | Sodium: 295 mg | Fiber: 9 g

START STRONG

Don't skip patting your fish dry before cooking. Otherwise, the moisture will create steam and prevent a good sear. You want to hear that fierce sizzle!



BUST OUT

- Strainer
- Large bowl
- Small pot
- Paper towel
- Large nonstick pan
- Olive oil (4 tsp | 8 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

1 PREP

Wash and dry all produce. Peel and slice **orange** end-to-end into rounds. Cut each round into quarters. Alternatively, peel orange and dice segments. Halve **lemon**. Thinly slice **scallions**, keeping **greens** and **whites** separate. Coarsely chop **dill**. Drain **capers**.

2 MAKE SLAW

Toss **cabbage** in a large bowl with **oranges, scallion greens, dill, capers, sherry vinegar**, and a large drizzle of **olive oil**. Season with **salt** and **pepper**.

3 MAKE COUSCOUS

Heat a drizzle of **olive oil** in a small pot over medium-high heat. Add **scallion whites** and toss until softened, 2-3 minutes. Add **1 cup water** and **stock concentrate**, and bring to a boil. Add **couscous**, cover, and remove from heat.



4 SEAR COD

Heat a drizzle of **olive oil** in a large nonstick pan over high heat. Pat **cod** dry with a paper towel, and season on all sides with **salt** and **pepper**. Sear **cod** until flaky and opaque, 2-3 minutes per side. Remove from pan and set aside. **TIP:** Flip cod carefully—it's very delicate!

5 MAKE LEMON-BUTTER SAUCE

Add **1 TBSP butter** to same pan over medium-high heat. Once melted, add a squeeze of **lemon** (to taste). Season with **salt** and **pepper**.

6 SERVE

Fluff **couscous** with a fork, and season with **salt, pepper**, and a squeeze of **lemon**. Divide between plates. Place **cod** on top, and drizzle with **lemon butter sauce**. Serve **slaw** on the side.

INCREDIBLE!

Who knew a two-ingredient sauce could be so good?

