



OCT  
2016

## Rockfish Piccata

with Capers, Israeli Couscous Pilaf and Sautéed Spinach

Typically made with chicken, we're giving rockfish a "piccata" twist. A savoury butter sauce of briny capers, thyme, and lemon lends the dish its characteristic flavour.

 30 min

 level 2

 make me first



Rockfish Fillets



Shallot



Capers



Israeli Couscous



Vegetable Broth Concentrate



Thyme



Spinach



Lemon

## Ingredients

		2 People	4 People
Rockfish Fillets	1)	285 g	570 g
Shallot		1	2
Capers	4)	1 pkg (28 g)	2 pkg (56 g)
Israeli Couscous	2)	1 pkg (¾ cup 170 g)	2 pkg (1½ cups 340 g)
Vegetable Broth Concentrate		1 pkg	2 pkg
Thyme		1 pkg (7 g)	1 pkg (7 g)
Baby Spinach		1 pkg (140 g)	2 pkg (280 g)
Lemon		1	2
Butter*	3)	2 tbsp	4 tbsp
Olive or Canola Oil*			

\*Not Included

## Allergens

- 1) Fish/Poisson
- 2) Wheat/Blé
- 3) Milk/Lait
- 4) Sulphites/Sulfites

## Tools

Large Non-Stick Pan, Medium Pot, Strainer, Zester, Measuring Cups, Medium Bowl

**Nutrition per person** Calories: 685 cal | Fat: 23 g | Protein: 42 g | Carbs: 79 g | Fibre: 5 g | Sodium: 916 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ruler

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1



**1 Prep: Wash and dry all produce.** Halve, peel, and finely chop the **shallot**. Zest, then halve the **lemon**. Cut one half into wedges. Drain and rinse the **capers**. Strip **½ tsp thyme leaves** (double for 4 people) from the stems.

2



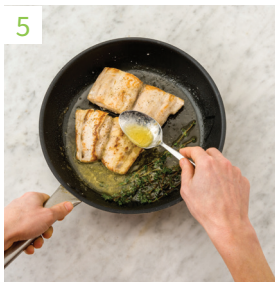
**2 Cook the Israeli couscous:** Heat a medium pot over medium heat. Add a drizzle of **oil**, then **half the shallot**. Cook, stirring, until softened, 2-3 min. Add the **couscous, broth concentrate(s)**, and **1¾ cups water** (double for 4 people.) Bring to a boil, then reduce to a low heat. Cover and simmer until couscous is tender and all the liquid has been absorbed, 5-6 min.

3



**3 Sauté the spinach:** Meanwhile, heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **remaining shallot** and **spinach**. Cook, stirring, until spinach wilts, 2-3 min. Season with **salt** and **pepper**, then transfer to a medium bowl. Cover to keep warm.

5



**4 Cook the fish:** Season the **fish fillets** with **salt** and **pepper**. Heat a drizzle of **oil** in the same pan over medium-high heat. Once very hot, add the fish to the pan and cook, for 2-3 minutes per side, until slightly golden brown (it doesn't have to be completely cooked through at this stage.)

**5 Make the lemon butter sauce:** Add the **thyme** and **butter** to the pan. Once melted, spoon the butter over the **fish** until it is cooked through. Add the **capers, lemon zest** and **lemon juice** to taste.

**6 Finish and serve:** Serve the **fish** on a bed of **Israeli couscous** and **sautéed spinach**. Drizzle over the **lemon-butter sauce** and garnish with the **lemon wedges**. Enjoy!

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