



FEB
2017

Zesty Cod en Papillote with Toasted Moroccan Couscous

Unwrapping this package of delicious cod and fragrant orange couscous topped with almonds will make your kitchen smell as good as you'll feel after digging in. We're betting this will become your new favourite way to cook fish.

 *Prep*
30 min

 *level 2*

 *make me*
first



Cod Fillets



Couscous



Red Onion



Garlic



Red Bell Pepper



Moroccan Spice



Long Red Chili



Orange




Parsley



Almonds

Ingredients

		2 People	4 People	
Cod	1)	1 pkg (285 g)	2 pkg (570 g)	
Couscous	2)	1 pkg (113 g)	2 pkg (227 g)	
Red Onion, chopped		1 pkg (56 g)	2 pkg (113 g)	
Garlic		1 pkg (10 g)	2 pkg (20 g)	
Red Bell Pepper		1	2	
Moroccan Spice		1 pkg (1 tbsp)	2 pkg (2 tbsp)	
Long Red Chili 		1	1	
Orange		1	2	
Parsley		1 pkg (14 g)	1 pkg (14 g)	
Almonds, sliced and toasted	3)	1 pkg (28 g)	2 pkg (56 g)	
Olive or Canola Oil*				

*Not Included

Allergens

- 1) Fish/Poisson
- 2) Wheat/Blé
- 3) Treenuts/Noix

Tools

Zester, Medium Pot, Measuring Cups, Medium Bowl, Measuring Spoons, Baking Sheet, Foil, Parchment

Ruler

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Nutrition per person Calories: 530 cal | Fat: 12 g | Protein: 39 g | Carbs: 39 g | Fibre: 18 g | Sodium: 137 mg

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



1 Preheat the oven to 400°F (to bake the fish.) Start prepping when the oven comes up to temperature!

2 Prep: Wash and dry all produce. Mince or grate the **garlic**. Core, then thinly slice the **red pepper**. Finely chop the **chili**, removing the seeds if you prefer less heat (if using.) Zest, then juice the **orange**. Roughly chop the **parsley**.

3 Prep the fish: In a medium bowl, mix the **orange juice**, **half the orange zest**, **half the garlic** and **half the spice blend**. Pat the **fish fillets** dry with paper towels, then add to the **marinade**. Use your hands to rub the marinade into the flesh.

4 Prepare your 'papillotes': Prepare two 12×12-in. sheets of parchment and foil (double for 4 people) on your counter. Place the parchment on top of the foil. Lay a **fillet** in the middle of each piece of parchment. Drizzle each with **2 tbsp marinade**. Sprinkle with as much **chili** as you would like (be careful – it's spicy!) Pull the edges up over the fish and fold together multiple times to seal. Twist the ends (it should look like a giant wrapped candy!) Arrange packets on a baking sheet. Bake in the centre of the oven until the fish is cooked through, 15-17 min.

5 Make the couscous: Meanwhile, heat a medium pot over medium heat. Add a drizzle of **oil**, then the **onion**, **bell pepper**, **couscous** and **remaining garlic**. Cook, stirring occasionally, until the onion softens, 4-5 min. Add **3/4 cup water** (double for 4 people) and **remaining spice blend**. Season with **salt**. Bring up to a boil, then remove from the heat and cover with a lid. Let stand for 5 min.

6 Finish and serve: Open each **papillote** and place on plates. Sprinkle with **almonds** and **parsley**. Serve the **Moroccan couscous** on the side. Enjoy!

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