



Product Spotlight: Parsley

If your parsley wilts, trim the lower stems and place the bunch in a glass of cold water. Loosely cover the leaves with a plastic bag and place it in the fridge.



Moroccan Fish with Couscous

Fish fillets cooked in a flavourful blend of orange and Moroccan spices from Turban Chopsticks and served with fluffy couscous tossed with oven-roasted vegetables and finished with parsley.



25 minutes



4 servings



Fish

7 April 2023

Make a parcel!

Combine the Moroccan spice mix with some butter and bake with the fish, zucchini and capsicum in a parcel! Serve with couscous and roast sweet potato chips.

Per serve: **PROTEIN** 40g **TOTAL FAT** 8g **CARBOHYDRATES** 83g

FROM YOUR BOX

ZUCCHINI	1
RED CAPSICUM	1
SWEET POTATO	300g
COUSCOUS/CURRENTS	1 packet
ORANGES	2
MOROCCAN SPICE MIX	1 packet
WHITE FISH FILLETS	2 packets
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin

KEY UTENSILS

large frypan, oven tray, kettle

NOTES

You can use less of the spice mix if you prefer milder flavours.

No gluten option - couscous/currants is replaced with quinoa/currants. Place quinoa/currants in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10-15 minutes or until tender. Drain and rinse. Drain quinoa for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice zucchini, capsicum and sweet potato. Toss on a lined oven tray with **oil**, **1 tsp cumin, salt and pepper**. Roast for 20 minutes or until sweet potato is tender.



4. SIMMER THE SAUCE

Squeeze in juice from both oranges. Reduce heat to medium-low and simmer for 5 minutes.



2. COOK THE COUSCOUS

Boil the kettle.

Place couscous and currants in a heatproof bowl with 1/2 orange zest and a pinch of **salt**. Pour over **1 1/2 cup hot water** from kettle. Cover and set aside.



5. TOSS THE COUSCOUS

Stir couscous with a fork to separate the grains. Add to tray with vegetables and combine well. Season with **salt and pepper** to taste.



3. COOK THE FISH

Heat a frypan with **oil** over medium-high heat. Combine Moroccan spice mix with **oil, salt and pepper** make a paste (see notes). Use to coat fish. Add to pan and cook for 2 minutes each side.



6. FINISH AND SERVE

Serve fish fillets and sauce with veggie couscous. Top with chopped parsley.

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