



## **INGREDIENTS**

2 PERSON | 4 PERSON

2 Cloves | 4 Cloves

Pistachios

**Contains: Tree Nuts** 





Lemon



1 tsp | 2 tsp Cumin



2.5 oz | 5 oz Israeli Couscous Contains: Wheat



Cilantro



Cobia Contains: Fish





Veggie Stock Concentrates







ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER

# HELLO

#### COBIA

A buttery, mild fish that stays juicy and firm when cooked

# **COBIA WITH PISTACHIO GREMOLATA**

plus Couscous & Garlic Roasted Green Beans



PREP: 10 MIN COOK: 25 MIN CALORIES: 620





#### **CRUNCH TIME**

If you have a few minutes, bring out flavor and crunch by toasting the pistachios in a small dry pan over medium heat, stirring often, 2-3 minutes.

#### **BUST OUT**

- Zester
- Small pot
- Paper towels
- Small bowl
- Baking sheet
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Olive oil (1 TBSP | 2 TBSP)
- Butter (½ TBSP | 1 TBSP) Contains: Milk

#### **MORE IS MORE**

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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\*Cobia is fully cooked when internal temperature reaches 145°.



#### 1 PREP

- · Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. Wash and dry produce.
- Trim **green beans** if necessary. Peel and mince or grate garlic. Roughly chop cilantro. Roughly chop pistachios. Zest and quarter lemon.



#### **2 SEASON COBIA**

• Pat **cobia**\* dry with paper towels and season all over with half the cumin (you'll use the rest later) and a pinch of salt and pepper. Lightly oil one side of a baking sheet; place cobia, skin sides down, on sheet (arrange across entire sheet for 4 servings).



#### **3 ROAST COBIA & GREEN BEANS**

- On opposite side of baking sheet from cobia, toss green beans with a large drizzle of oil, half the garlic, a big pinch of salt, and pepper. (For 4 servings, use a second sheet.)
- Roast on top rack until green beans are tender and cobia is cooked through, 12-15 minutes. (For 4, roast on top and middle racks, swapping rack positions halfway through.)



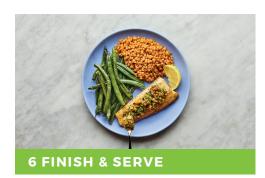
#### **4 COOK COUSCOUS**

- Bring couscous, stock concentrates, and 3/4 cup water (11/2 cups for 4 servings) to a boil in a small pot. Once boiling, cover and reduce heat to low. Cook until couscous is tender. 6-8 minutes.
- Keep covered off heat until readv to serve.



## **5 MAKE GREMOLATA**

- While couscous cooks, in a small bowl, combine cilantro, pistachios. remaining garlic, remaining cumin, 1 TBSP olive oil (2 TBSP for 4 servings), juice from half the lemon, and a pinch of lemon zest.
- Season with salt, pepper, and as many chili flakes as you like.



- Fluff couscous with a fork: stir in 1/2 TBSP butter (1 TBSP for 4 servings). Taste and season with salt and pepper if desired.
- Divide couscous, roasted cobia, and green beans between plates in separate sections. Top cobia with gremolata and serve with remaining lemon wedges on the side.

