



COBIA WITH PISTACHIO GREMOLATA

plus Couscous & Garlic Roasted Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Green Beans



2 Cloves | 4 Cloves
Garlic



¼ oz | ½ oz
Cilantro



1 | 2
Lemon



½ oz | 1 oz
Pistachios
Contains: Tree Nuts



10 oz | 20 oz
Cobia
Contains: Fish



1 tsp | 2 tsp
Cumin



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



2 | 4
Veggie Stock
Concentrates



1 tsp | 2 tsp
Chili Flakes



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HELLO

COBIA

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

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
- Paper towels
- Baking sheet
- Small pot
- Small bowl
- 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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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**.



4 COOK COUSCOUS

- Bring **couscous, stock concentrates, and ¾ cup water (1½ 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 ready to serve.



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**).



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.



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**.)



6 FINISH & SERVE

- Fluff **couscous** with a fork; stir in **½ 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.

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