



# Dukkah Crusted Fish & Couscous

with Roasted Veggies & Lemon Yoghurt

Grab your Meal Kit with this symbol



Carrot



Courgette



Red Onion



Garlic



Lemon



Parsley



Baby Spinach Leaves



Yoghurt



Vegetable Stock



Couscous



White Fish Fillets



Dukkah

Hands-on: **25-35 mins**  
 Ready in: **30-40 mins**

Low Calorie

Eat me first

We're going bold this week with fish coated in dukkah for amazing texture and flavour, plus a roasted veggie couscous that's sure to keep you satisfied. Top with a zesty lemon yoghurt for an all-round winner that's sure to make your tastebuds tingle.

### Pantry items

Olive Oil, Plain Flour

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper  
Medium saucepan with a lid · Medium frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
courgette	1	2
red onion	1 (medium)	1 (large)
garlic	1 clove	2 cloves
lemon	½	1
parsley	1 bunch	1 bunch
baby spinach leaves	1 bag (30g)	1 bag (60g)
yoghurt	1 packet	1 packet
water*	¾ cup	1½ cups
vegetable stock	1 sachet	1 sachet
couscous	1 packet	2 packets
white fish fillets	1 packet	1 packet
dukkah	1 sachet	2 sachets
plain flour*	1 tsp	2 tsp

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2260kJ (540Cal)	396kJ (95Cal)
Protein (g)	44.9g	7.9g
Fat, total (g)	12.7g	2.2g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	56.0g	9.8g
- sugars (g)	15.9g	2.8g
Sodium (g)	1060mg	187mg

## Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



## 1. Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **carrot** (unpeeled) into 2cm chunks. Cut the **courgette** into 3cm chunks. Slice the **red onion** into 2cm wedges. Place the **carrot, courgette and onion** on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt and pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

**TIP:** Cut the veggies to the correct size so they cook in the allocated time.



## 4. Cook the fish

Place the **white fish fillets** on a plate and **drizzle** with **olive oil**. Combine the **dukkah** and **plain flour** on a second plate. Lay each **fish fillet** on the **dukkah mixture**, pressing gently, then turning to coat both sides. In a medium frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **fish** to the pan and cook, turning gently, until just cooked through, **2-3 minutes** each side.

**TIP:** The fish is cooked through when the centre turns from translucent to white.



## 2. Get prepped

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). Zest the **lemon** (see **ingredients list**) to get a **generous pinch**, then slice into wedges. Roughly chop the **parsley**. Roughly chop the **baby spinach leaves**. In a small bowl, combine the **yoghurt** and a **generous squeeze of lemon juice**. Season to taste with **salt and pepper**.



## 5. Finish the couscous

Add the roasted **veggies, baby spinach, lemon zest**, a **squeeze of lemon juice** and **1/2 the parsley** to the saucepan with the **couscous**. Stir to combine and season to taste with a **pinch of salt and pepper**.



## 3. Cook the couscous

In a medium saucepan, heat a **drizzle of olive oil** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water** and **vegetable stock** and bring to the boil. Add the **couscous** and a **drizzle of olive oil**. Stir to combine, then cover with a lid and remove from the heat. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside uncovered.



## 6. Serve up

Divide the roasted veggie couscous and dukkah crusted fish between plates. Top with the lemon yoghurt and garnish with the remaining parsley. Serve with any remaining lemon wedges.

**Enjoy!**