



SEP
2016

Rockfish Piccata

with Sautéed Spinach, Israeli Couscous, and Lemon Capers Sauce

Piccata is a simple yet elegant cooking style where meat or fish is sautéed and served with a lemon, caper, herb, and butter sauce. Although piccata is traditionally associated with chicken or veal, our chefs opted for rockfish as the star of this dish because it's mild and flaky but doesn't fall apart while cooking. Plus, it serves as the perfect counterpart to pearly couscous and spinach.



Prep: 10 min
Total: 30 min



level 2



nut free



make me first



Rockfish Fillets



Israeli Couscous



Spinach



Shallot



Lemon



Capers



Vegetable Stock Concentrate



Thyme

Ingredients

		2 People	4 People
Rockfish Fillets	1)	12 oz	24 oz
Israeli Couscous	2)	¾ Cup	1½ Cups
Spinach		5 oz	10 oz
Shallot		1	1
Lemon		1	2
Capers		1 oz	1 oz
Vegetable Stock Concentrate		1	2
Thyme		¼ oz	¼ oz
Butter*	3)	2 T	4 T
Olive Oil*		1 T	2 T

*Not Included

Allergens

- 1) Fish
- 2) Wheat
- 3) Milk

Tools

Strainer, Medium pot,
2 Large pans

Nutrition per person Calories: 623 cal | Fat: 22 g | Sat. Fat: 9 g | Protein: 43 g | Carbs: 68 g | Sugar: 5 g | Sodium: 371 mg | Fiber: 8 g



1 Prep: Wash and dry all produce. Halve, peel, and finely chop the shallot. Halve the lemon. Drain and rinse the capers.



2 Cook the couscous: Heat a drizzle of olive oil in a medium pot over medium heat. Add the shallot. Cook, tossing, for 2-3 minutes, until softened. Add the couscous, stock concentrate, 2 cups water, and a large pinch of salt. Bring to a boil, cover, and reduce to a low simmer for 10-12 minutes, until tender.



3 Cook the spinach: Heat a drizzle of olive oil in a large pan over medium heat. Add the spinach and toss until wilted, 2-3 minutes. Season with salt and pepper, and cover to keep warm.



4 Cook the fish: Season the fish on all sides with salt and pepper. Heat a drizzle of olive oil in a large pan over medium-high heat. Once very hot, add the fish. Cook 2-3 minutes per side, until lightly golden brown and almost opaque in the center.

5 Make the sauce: Turn off the heat, then add the thyme sprigs and 2 Tablespoons butter to the pan. Once melted, spoon over the fish. Add the capers and the juice of half a lemon, and cook until warmed through. Season the sauce with salt and pepper. Discard the thyme.

6 Plate: Serve the rockfish piccata on a bed of Israeli couscous and sautéed spinach. Drizzle with the lemon caper sauce. Enjoy!

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