



Product Spotlight: Lemon

When zesting lemons, only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, as this is quite bitter.



Italian Herb Fish with Pesto Pearl Couscous

A colourful pearl couscous medley with tomatoes, cucumber and capsicum tossed with cheesy basil pesto and served with grilled fish fillets and lemon.



20 minutes



2 servings



Fish

Make a parcel!

You can bake the fish fillets with lemon, butter, tomatoes and capsicum in the oven or on the BBQ. Serve with pesto and pearl couscous.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	16g	70g

FROM YOUR BOX

PEARL COUSCOUS	150g
WHITE FISH FILLETS	1 packet
LEMON	1
YELLOW CAPSICUM	1
TOMATO	1
LEBANESE CUCUMBER	1
GREEN PESTO	1 jar

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs

KEY UTENSILS

large frypan, saucepan

NOTES

You can coat the fish with fresh chopped rosemary or thyme if you have some.

No gluten option – pearl couscous is replaced with gluten-free pasta. Cook pasta in boiling water according to packet instructions or until al dente. Drain and rinse in cold water.



1. COOK THE COUSCOUS

Bring a saucepan with water to a boil. Add **pearl couscous** and cook for 8 minutes or until tender but still firm. Drain and rinse in cold water.



2. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Coat **fish** with **lemon zest, 1 tsp dried Italian herbs, salt and pepper** (see notes). Add to pan and cook for 3–4 minutes each side or until cooked through.



3. PREPARE THE SALAD

Dice **capsicum, tomato** and **cucumber**. Add to a large salad bowl.



4. TOSS THE COUSCOUS

Toss cooked pearl couscous with salad, **pesto** (to taste) and juice from 1/2 lemon (wedge remaining) until well combined. Season with **salt and pepper** to taste.



5. FINISH AND SERVE

Divide fish fillets among plates with pesto couscous. Serve with lemon wedges.



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