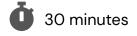




# Moroccan Fish Stew

# with Pearl Couscous

Wholesome fish stew with mild Moroccan flavours and tender veggies on a bed of lemony pearl couscous





2 servings



# Mo-stew option

Instead of making a stew, toss wedged onion, diced sweet potato, broccoli florets & sliced capsicum in oil and spice mix, roast in a 220°C oven for 20 mins or until tender. Boil the couscous as per the recipe. Fry whole fish fillets in a frypan or bake in the oven for 10 minutes above the vegetables.

# FROM YOUR BOX

BROWN ONION	1/2 *
MOROCCAN SPICE MIX	1 packet (30g)
RED CAPSICUM	1
SWEET POTATO	1
CHOPPED TOMATOES	400g
PEARL COUSCOUS	150g
LEMON	1
WHITE FISH FILLETS	1 packet
BROCCOLI	1/2 *
CHIVES	1/3 bunch *

<sup>\*</sup>Ingredient also used in another recipe

### FROM YOUR PANTRY

oil/butter for cooking, salt, pepper

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

No fish option - white fish fillets are replaced with diced chicken breast fillet. Add chicken to pan in step 1 with the spice mix.

No gluten option - couscous is replaced with brown rice. Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes or until tender. Drain and rinse.



# 1. COOK THE ONION

Heat a large frypan with **2 tbsp oil** over medium-high heat. Slice and add onion. Cook for 3 minutes. Add spice mix and cook for a further 2 minutes.



# 2. ADD THE VEGETABLES

Bring a saucepan with water to the boil for step 3.

Slice capsicum and dice sweet potato, add to frypan with chopped tomatoes and 1/2 tin water. Cover and simmer for 15 minutes.



# 3. COOK THE COUSCOUS

Add pearl couscous to saucepan with boiling water and cook for 8 minutes or until tender but still firm. Drain, rinse and toss with 1/2 tsp lemon zest, 2 tsp butter/oil, salt and pepper.



# 4. ADD FISH AND BROCCOLI

Cut fish into bite-size pieces and cut broccoli into florets. Add to frypan and mix well. Cover and cook for a further 5-8 minutes or until fish is cooked through. Season to taste with salt and pepper.



# **5. FINISH AND PLATE**

Chop chives and wedge lemon.

Divide couscous among bowls and ladle over fish stew. Top with chives and a lemon wedge.

