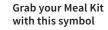


Chermoula John Dory & Sweet Date Tagine

with Israeli Couscous & Parsley Yoghurt

GOURMET PLUS









Green Beans





Onion







Tomato Paste

Diced Dried

Dates

Israeli Couscous



Chermoula Spice



Powder



Vegetable Stock



Roasted Almonds



Yoghurt

Prep in: 30-40 mins Ready in: 35-45 mins



This dinner should come with its own custom welcome sign because it's beckoning us to sit down, relax and enjoy the vibrant and warm flavours of chermoula spices, tender fish and fluffy Israeli couscous. We accept with open mouths.



Olive Oil, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
green beans	1 medium packet	1 large packet
courgette	1	2
onion	1/2	1
John dory fillets	1 packet	2 packets
Israeli couscous	1 medium packet	2 medium packets
tomato paste	1 packet	2 packets
chermoula spice blend	1 medium sachet	1 large sachet
diced dried dates	½ packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
water*	¾ cup	1½ cups
white wine vinegar*	drizzle	drizzle
parsley	1 packet	1 packet
roasted almonds	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3146kJ (752Cal)	474kJ (113Cal)
Protein (g)	49.4g	7.4g
Fat, total (g)	18.3g	2.8g
- saturated (g)	4.1g	0.6g
Carbohydrate (g)	96g	14.5g
- sugars (g)	46.2g	7g
Sodium (mg)	1214mg	183mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a drop?

Browse our Wine Boxes in the expanded menu to find your next perfect pairing.



Get prepped

- Boil the kettle. Trim and halve green beans.
 Thinly slice courgette into sticks. Thinly slice onion (see ingredients).
- Discard any liquid from **John dory fillet** packaging. Cut **fish** into bite-sized chunks.



Cook the couscous

- In a medium saucepan, heat a drizzle of olive oil over medium-high heat. Toast Israeli couscous, stirring occasionally, until golden, 1-2 minutes.
- Half-fill saucepan with boiling water, then add a pinch of salt. Bring to the boil, then simmer, uncovered, until tender, 10-12 minutes.
- Drain couscous and return to the pan with a drizzle of olive oil. Season to taste.



Start the tagine

- Meanwhile, heat a large frying pan over mediumhigh heat with a drizzle of olive oil. Cook green beans, courgette and onion, stirring, until softened, 5-7 minutes.
- SPICY! This is a mild spice blend, but use less if you're sensitive to heat! Add tomato paste, chermoula spice blend and diced dried dates (see ingredients) and cook, stirring, until fragrant, 1-2 minutes.



Finish the tagine

- Reduce the heat to medium, then add the fish, vegetable stock powder and the water. Stir, then simmer until slightly thickened,
 5-7 minutes.
- Add a drizzle of white wine vinegar and stir to combine. Season to taste.

TIP: Add a splash more water if the sauce is too thick!



Bring it all together

- Meanwhile, finely chop parsley. Roughly chop roasted almonds.
- In a small bowl, combine **Greek-style yoghurt** and **parsley**, then season.



Serve up

- Divide Israeli couscous between bowls.
- Top with chermoula John dory tagine and parsley yoghurt.
- Sprinkle over roasted almonds to serve. Enjoy!

