



Chermoula John Dory & Sweet Date Tagine

with Israeli Couscous & Parsley Yoghurt

GOURMET PLUS

Grab your Meal Kit with this symbol



Green Beans



Courgette



Onion



John Dory Fillets



Israeli Couscous



Tomato Paste



Chermoula Spice Blend



Diced Dried Dates



Vegetable Stock Powder



Parsley



Roasted Almonds



Greek-Style Yoghurt

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

Eat Me First

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.

Pantry items

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	½	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.



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!



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.



Bring it all together

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



Start the tagine

- Meanwhile, heat a large frying pan over medium-high 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**.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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