



Everything
But The Chef

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Zesty Barramundi en Papillote with Moroccan Couscous

Christmas has come early here at HelloFresh! Unwrapping this package of delicious barramundi and fragrant orange cous cous topped with almonds will make your kitchen smell as good as you'll feel after tucking in. We're betting this will become your new favourite way to cook fish.

 **Prep:** 15 mins
 **Cook:** 30 mins
Total: 45 mins

 level 2

 lactose
free



Red Onion



Garlic



Moroccan Spice



Couscous



Long Chilli



Orange



Barramundi



Slivered Almonds



Parsley

2P	4P	Ingredients
1/2	1	red onion, finely chopped ⊕
1	2	garlic clove, peeled & crushed
1 tsp	2 tsp	HelloFresh Moroccan spice
150 g	300 g	couscous
3 tbs	6 tbs	olive oil *
1	2	long chilli, deseeded & finely chopped A
1	2	orange, zested & juiced
2	4	barramundi fillets
20 g	40 g	slivered almonds
1 tbs	2 tbs	parsley, finely chopped ⊕

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	4060	Kj
Protein	69.4	g
Fat, total	39	g
-saturated	14.9	g
Carbohydrate	79.5	g
-sugars	19.5	g

Measuretool

0 cm	1 cm	2 cm



1 Preheat the oven to **180°C/160°C** fan forced.



2 In a pan over a medium-high heat, sauté the **onion** and half of the **garlic** in a little olive oil. After about **3 minutes** add half of the **Moroccan spice** and combine well. Cook for a further minute. In the meantime boil the kettle. Once the kettle is boiled place the **couscous** and the onion mix in a bowl and an equal volume of hot water (“e.g. 150ml of water for 150g of couscous). Stir with a fork, and then cover and leave to sit for **5-10 minutes**. Uncover the couscous and fluff with a fork. Season with **salt** and **pepper**, if needed.



3 Prepare the marinade by combining the **olive oil**, **chilli**, **orange zest**, **juice**, as well as the remaining garlic and Moroccan spice mix in a small bowl and mix together. Add the **fish fillets** and rub the Moroccan marinade into the flesh, leave aside to marinate briefly.



4 To prepare your ‘papillotes’ rip equal sized sheets of foil and baking paper for each serving of fish and place together. Distribute the fish and marinade equally onto the baking paper side and wrap to enclose, the foil should be on the outside and will help to generate heat and cook the fish whilst in the oven. Place the parcels into the oven for **20 minutes** or until the fish is cooked through.

5 Place the parcels on a plate, open slightly and top with the **almonds** and the freshly chopped **parsley**. Serve with your Moroccan couscous on the side

Did you know? More orange trees are killed by lighting than plant diseases.