



Everything
But The Chef

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Wk22
2015

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Pan-Fried Fish with Zesty Currant Couscous

This dish is fish perfection. Spiced with cumin, lightly dusted in flour and cooked to golden perfection in a little butter and olive oil, it pairs perfectly with the sweet currants and zesty lemon of the couscous. You'll definitely be filing this one under HelloFresh favourites!



Prep: 10 mins

Cook: 15 mins

Total: 25 mins



level 2



seafood
first



4
pantry
items



Couscous



Red Onion



Dried Currants



Lemon



HelloFresh Cumin



Freshwater Snapper



Coriander



Celery

2P	4P	Ingredients
150 g	300 g	couscous
150 ml	300 ml	boiling water *
3 tbs	6 tbs	olive oil *
1	2	red onion, finely diced
2 stalks	4 stalks	celery, finely diced
50 g	100 g	dried currants
½	1	lemon, zested & juiced
2 tbs	4 tbs	plain flour *
½ tsp	1 tsp	HelloFresh cumin
2 fillets	4 fillets	freshwater snapper
2 tbs	4 tbs	butter *
1 tbs	2 tbs	coriander, finely chopped

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	4370	Kj
Protein	46.2	g
Fat, total	54.8	g
-saturated	19	g
Carbohydrate	89.2	g
-sugars	19	g
Sodium	284	mg

Measuretool

0 cm	1 cm	2 cm



1 Place the **couscous** in a bowl and pour the **boiling water** over the couscous, add a dash of olive oil and a good grind of **salt** and **pepper** then stir and cover the bowl tightly with cling wrap. Leave to sit for **5-10 minutes**. Remove the cling wrap and fluff the couscous with a fork. Set aside and keep warm.



2 Heat the **olive oil** in a pan to medium-high temperature. Add the **red onion, celery, currants, lemon zest** and **juice** to the pan. Season with salt and pepper and cook for **3-5 minutes** until the onion is soft.



3 Place the **flour** in a plastic bag and add the **cumin** with a good grind of salt and pepper. Add the **fish** to the bag and toss the fish around until it is completely covered in the mixture. Heat the **butter** and a dash of oil in a pan over a medium heat. Add the fish to the pan and cook gently on either side for **3 minutes** until the fish turns nut brown.



4 Stir the red onion mix and **coriander** through the couscous. Divide the fish and couscous between plates. Enjoy!

Did you know? Dried currants are a powerhouse of nutrition. They are low in fat, cholesterol-free and high in protein.