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## Barbecue Fish Fillets

with Carrot and Raisin Couscous



20-30min



4 Portions

You know you're onto a good thing when you just need to quickly barbecue some beautiful marinated fish and serve it with flavour-packed couscous! The zingy, zesty flavours are made for an easy-going Summer evening.

## What we send

- raisins
- mint
- roma tomato
- Lebanese cucumber
- carrot
- couscous <sup>1</sup>
- ling <sup>4</sup>
- lemon

## What you'll require

- olive oil
- salt

## Utensils

- chargrill or frypan
- foil
- grater
- Kettle

- Our veggies come straight from the farm, so please wash them before cooking.

## Cooking tip

The couscous can be made up to 8 hours in advance. Any leftover couscous is great for lunch the next day. Leave mint out and sprinkle over the parents' serve if you prefer.

## Allergens

Gluten (1), Fish (4). May contain traces of other allergens.

## Nutrition per serving

Energy 545.0kcal, Fat 14.2g, Proteins 39.8g, Carbs 57.8g



### 1. Marinate fish

Bring a kettle of water to the boil for the couscous. Juice 1 **lemon**. Place 1 tbs of the **juice** in a shallow dish with 1 tbs **oil** and ½ tsp **salt** and whisk to combine. Cut **fish** into 4 portions and add to the **lemon marinade**. Turn to coat. Set aside for 5 mins.



### 4. Cook fish

Cook the **fish** on the barbecue or chargrill pan for 8-12 mins, turning regularly, until just cooked through (the cooking time will depend on the thickness of your fish and your barbecue). Cover with foil and set aside for 4-5 mins.



### 2. Prepare couscous

Meanwhile, place the **couscous** in a large heatproof bowl with 250ml (1 cup) of boiling water and a pinch of **salt**. Stir, cover and leave to swell for 5 mins, then fluff up the grains with a fork.



### 5. Season couscous

Meanwhile, add 2 tbs **oil** and remaining **lemon juice** to the **couscous** and season with **salt and pepper**, if desired. Stir to combine.



### 3. Prepare vegetables

Preheat barbecue flat plate or chargrill pan. Coarsely grate the **carrots**. Dice the **cucumber**. Cut the **tomato** into thin wedges. Pick the **mint** leaves (discard stems) and finely chop. Cut remaining **lemon** into wedges.



### 6. Finish couscous

Stir the **carrot, cucumber, raisins** and **mint** (see cooking tip) through the **couscous**. Divide couscous between plates and top with the **fish**. Serve **tomato wedges** on the side, drizzled with **olive oil**, if desired. Serve with **lemon wedges**.