

Web id00986hero panfriedfish 144 8b24374c4c6d35ae363893e49cf996f3

Chermoula Fish

with Risoni Salad



20-30min



2 Portions

With a little chermoula, a tantalising Moroccan spice blend, you can add instant wow to market white fish. We've served the quick-cook fish with a chunky pasta salad loaded with risoni, zucchini and rocket, plus fragrant fresh mint, so you can put a satisfying meal on the table without breaking a sweat.

What we send

- white fish fillets ⁴
- chermoula spice ¹⁷
- zucchini, garlic
- risoni pasta ¹
- pepita seeds
- lemon
- mint
- rocket leaves

What you'll require

- Dijon mustard ¹⁷
- olive oil
- sea salt and pepper

Utensils

- fine grater
- medium frypan
- medium saucepan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Occasionally fish has a slight odour from being in the packaging. The fish cooking time may vary according to the thickness of the fillet.

Allergens

Gluten (1), Fish (4), Sulphites (17).
May contain traces of other allergens.

Nutrition per serving

Energy 885kcal, Fat 39.7g, Carbs 79.3g, Proteins 47.1g



1. Marinate fish

Bring a medium saucepan of salted water to the boil for the pasta. Put the **fish** (see cooking tip), **2 tsp chermoula spice blend** (reserve remainder for another use) and **2 tsp olive oil** in a bowl. Season with **salt and pepper** and turn to coat.



2. Prepare ingredients

Coarsely chop the **zucchini**. Crush or finely chop the **garlic**. Coarsely chop the **mint** leaves, discarding the stems. Finely grate the zest of **half the lemon**, then juice the half (reserve remaining half for another use).



3. Cook pasta

Cook the **pasta** in the pan of boiling water for 10-12 mins until al dente. Drain and rinse under cold running water until cool.



4. Cook zucchini

Meanwhile, put the **pepitas** in a cold medium frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Transfer to a bowl. Heat **2 tsp olive oil** in the same pan over medium-high heat. Cook the **zucchini**, stirring occasionally, for 3-4 mins until golden. Add the **garlic** and cook, stirring, for a further 1 min. Transfer to a large bowl.



5. Cook fish

Heat **2 tsp olive oil** in the same frypan over medium-high heat. Cook the **fish** for 2-3 mins each side until just cooked though. Remove from the pan. Combine the **lemon zest, juice, ½ tsp Dijon mustard** and **1 tbs olive oil** in a small bowl and season with **salt and pepper**.



6. Get ready to serve

Add the **pasta, rocket, pepitas, dressing** and **half the mint** to the **zucchini mixture** and toss to combine. Flake the **fish** and toss through the **salad**. Divide among bowls and scatter with the **remaining mint** to serve.