



## Spiced Fish Kebabs

with Roasted Tabbouleh



20-30min



2 Servings

Our winter twist on tabbouleh has roasted grape tomatoes and onions for depth of flavor and sweetness. While it's a warming dish, there's plenty of chopped parsley and lemon juice to keep it light and refreshing. Ras el hanout, one of our favorite Moroccan spice blends, lends layers of flavor to fish skewers. Make sure to use a nonstick skillet when searing the fish, otherwise the delicate flak...



## What we send

- medium red onion
- grape tomatoes
- fresh parsley
- lemon
- ras el hanout
- 8-inch skewers

## What you need

- coarse salt
- freshly ground black pepper
- olive oil

## Tools

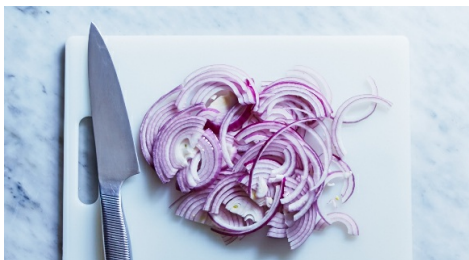
- fine-mesh sieve
- large nonstick skillet
- rimmed baking sheet
- small saucepan

## Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 585kcal, Fat 25g, Carbs 40g, Protein 43g



### 1. Prep ingredients

Preheat oven to 450°F. Trim, halve, and peel **onion**. Thinly slice crosswise into half rounds.



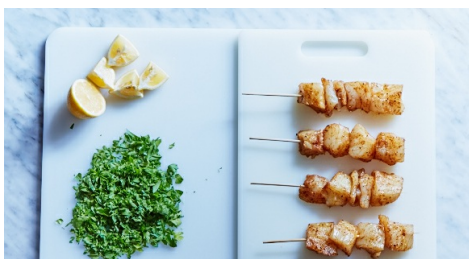
### 2. Roast tomatoes & onions

Toss **tomatoes** and **onions** with 2 tablespoons **oil** on a rimmed baking sheet. Season with **salt** and **pepper**. Roast until **onions** are softened and **tomatoes** are blistered, stirring halfway through, 20-25 minutes.



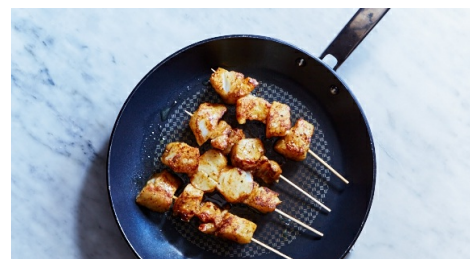
### 3. Cook bulgur

Meanwhile, place **bulgur** in a medium saucepan over medium-high heat. Cook, stirring, until fragrant and a shade darker, about 3 minutes. Add 2 cups **water** and bring to a boil. Reduce to a simmer, season with ½ teaspoon **salt**, and cover. Cook, covered, until tender, about 10 minutes. Drain in a fine-mesh sieve and place in a large bowl.



### 4. Make skewers

Pick **parsley leaves** and tender stems and coarsely chop. Halve **lemon** and cut one half into wedges (reserve wedges for serving). Cut **cod** into 1-inch pieces and place in a bowl with **ras el hanout**, 1 tablespoon **oil**, ¼ teaspoon **salt**, and a few grinds **pepper**; toss well to combine. Thread **fish** onto **skewers**.



### 5. Cook fish

Heat 2 teaspoons **oil** a large nonstick skillet over medium-high. Add skewers and cook until browned and cooked through, about 2 minutes per side.



### 6. Make tabbouleh

To **bulgur**, add **parsley**, **juice** from half of the lemon, **roasted tomatoes** and **onions**, and 1 tablespoon **oil**. Season with **salt** and **pepper** and toss to combine. Divide **tabbouleh** between two plates and drizzle with **olive oil**, if desired. Top with **fish skewers** and serve with **lemon wedges** for squeezing over. Enjoy!