



Harissa Tilapia & Roasted Broccoli

with Israeli Couscous & Almonds



30-40min



2 Servings

Bursting with flavor, harissa adds heat, depth, and overall savoriness to everything it touches. We make a colorful oil with the Moroccan spices to coat delicate tilapia filets that roast with broccoli and onions. Large pearl couscous steams into a fluffy, nutty side dish while we whip up a lemon-harissa dressing to drizzle over everything.

What we send

- ½ lb broccoli
- 1 red onion
- garlic
- 1 lemon
- 3 oz Israeli couscous ¹
- ¼ oz harissa spice blend
- 1 oz salted almonds ¹⁵
- 10 oz pkg tilapia ⁴

What you need

- olive oil
- kosher salt & ground pepper
- butter ⁷

Tools

- microplane or grater
- small saucepan
- rimmed baking sheet

Allergens

Wheat (1), Fish (4), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 640kcal, Fat 34g, Carbs 51g, Protein 41g



1. Prep ingredients

Preheat oven to 425°F with a rack in the upper third. Cut **broccoli** into 1-inch florets, if necessary. Halve **onion** and cut through the root into ½-inch thick wedges. Finely chop **1 teaspoon garlic**.

Finely grate **¼ teaspoon lemon zest**, then separately squeeze **2 teaspoons lemon juice** into a small bowl. Cut any remaining lemon into wedges.



4. Season tilapia

While **veggies** roast, stir to combine **1 tablespoon oil** and **1 teaspoon harissa spice** in a small bowl.

Pat **tilapia** dry, then rub all over with **harissa oil**. Season with **salt** and **pepper**.



2. Cook couscous

Heat **1 teaspoon oil** in a small saucepan over medium-high. Add **couscous** and cook, stirring, until golden brown, 3-4 minutes. Add **chopped garlic**; cook, stirring, 30 seconds. Add **¾ cup water** and **½ teaspoon salt**. Cover and bring to a boil. Reduce heat to low; cook until couscous is al dente, 10-12 minutes. Stir in **lemon zest** and **1 tablespoon butter**. Cover to keep warm.



5. Roast tilapia

Place **tilapia** on the baking sheet with **broccoli and onions** (if veggies are browning too much, remove before placing back in oven). Roast on upper oven rack until tilapia is cooked through and opaque, 8-10 minutes. Coarsely chop **almonds**, then toss with **vegetables** on baking sheet.



3. Roast vegetables

Toss **broccoli** and **onions** on a rimmed baking sheet with **1 tablespoon oil**; season with **salt** and **pepper**.

Roast on upper oven rack until vegetables are just tender and browned in spots, about 15 minutes.



6. Finish & serve

Meanwhile, add **1 tablespoon oil** and a **pinch each of harissa spice and sugar** to bowl with **lemon juice**, stirring to combine; season to taste with **salt** and **pepper**. Spoon **lemon-harissa dressing** over **tilapia** and **vegetables**. Serve with **couscous** and **any lemon wedges** on the side for squeezing over. Enjoy!