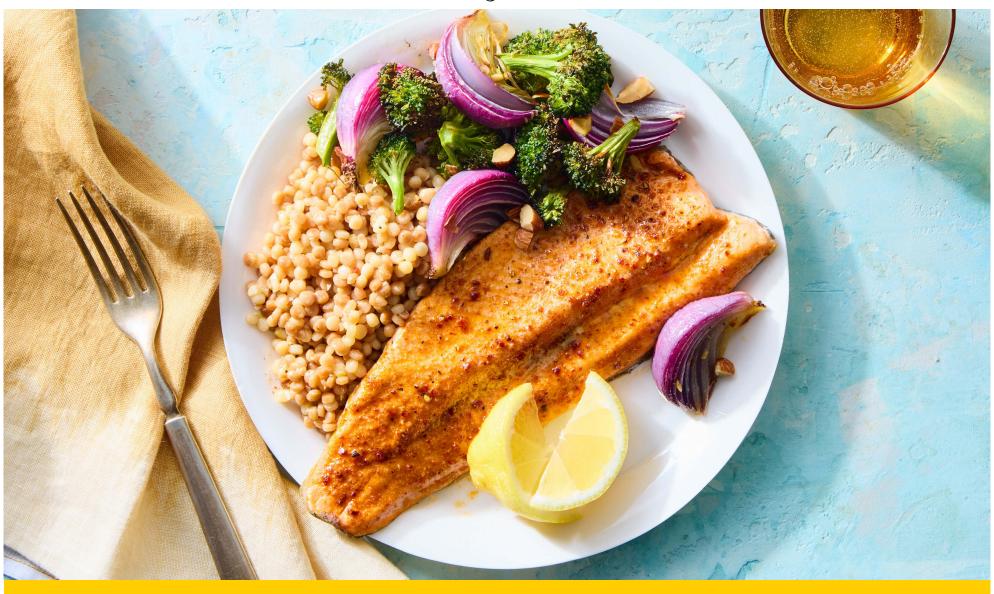
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# Harissa Tilapia & Roasted Broccoli

with Israeli Couscous & Almonds





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 <sup>4</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- butter <sup>7</sup>

#### **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 1/4 teaspoon lemon zest, then separately squeeze 2 teaspoons lemon juice into a small bowl. Cut any remaining lemon into wedges.



#### 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 **% 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.



# 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.



# 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**.



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.



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!