



Barramundi in Tomato-Harissa Sauce

with Couscous, Golden Raisins & Pine Nuts



40-50min



2 Servings

This dish is brought to life by harissa spice, which boasts a complex balance of sweet and spicy. Carrots roast until tender, then combine with tomato sauce, raisins, and harissa. We place barramundi over top, which bakes to perfection. Steamed couscous is low effort and high reward, perfect for soaking up every saucy bite. Toasted pine nuts and briny olives add rich flavor, pairing well with the delicate fish and spiced stew.

What we send

- 2 carrots
- garlic
- 1 oz Castelvetrano olives ¹²
- 10 oz pkg barramundi ⁴
- ¼ oz harissa spice blend
- ½ oz pine nuts ¹⁵
- 8 oz tomato sauce
- 1 oz golden raisins ¹²
- 3 oz couscous ¹

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- medium (8x8-inch) baking dish or rimmed baking sheet
- microwave

Allergens

Wheat (1), Fish (4), Sulphur dioxide and sulphites (12), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 600kcal, Fat 21g, Carbs 69g, Protein 37g



1. Prep ingredients

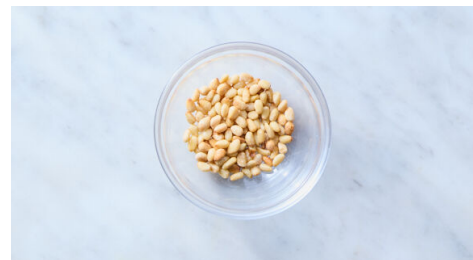
Preheat oven to 425°F with a rack in the center.

Cut **carrots** into 2-inch pieces at a diagonal, then cut in half lengthwise. Finely grate **½ teaspoon garlic**. Halve **olives**, if desired, removing any pits if necessary. Pat **fish** dry and season with **salt, pepper**, and a **pinch of harissa spice**.



4. Make sauce

To baking dish with **carrots**, add **tomato sauce, grated garlic, raisins, 2 teaspoons harissa**, and **¼ cup water**. Stir to combine and season with **salt** and **pepper**. Spread into an even layer and place **fish** on top. Drizzle **oil** over fish.



2. Toast pine nuts

Place **pine nuts** in a medium (8x8-inch) baking dish or a rimmed baking sheet.

Bake on center oven rack until golden brown and fragrant, 3-6 minutes (watch closely as they can burn quickly). Transfer to a small bowl and set aside for garnish.



5. Bake fish & cook couscous

Bake on center oven rack until **fish** is cooked through and **sauce** is bubbling, 20-25 minutes.

Meanwhile, in microwave safe bowl, combine **1 cup water** with **½ teaspoon salt**. Microwave until steaming, about 1 minute. Add **couscous** and cover with plastic wrap. Set aside until all of the water is absorbed, 10-12 minutes.



3. Roast carrots

Add **carrots** to same baking dish; toss with **1 tablespoon oil** and season with **salt** and **pepper**. Roast until just tender and starting to brown, 15-18 minutes.

Reduce oven temperature to 350°F.



6. Serve

Remove **fish** from oven and garnish with **pine nuts** and **olives**.

Fluff **couscous** with a fork and top with **matbucha, veggies** and **fish**. Enjoy!