

# DINNERLY



## Harissa-Spiced Tilapia with Seared Zucchini

& Lemon-Parsley Israeli Couscous



30min



2 Servings

Harissa, a spice blend native to the North African region of Maghreb, is traditionally made of a blend of roasted peppers, chilies, and aromatics like garlic, coriander, and cumin. Rub it all over tilapia then sear the fish up, then serve alongside lemony, herby toasted Israeli couscous and par-seared zucchini for a perfectly spiced and delightfully flavorful 30-minute dinner. We've got you covered!

## WHAT WE SEND

- 3 oz Israeli couscous <sup>1</sup>
- 1 zucchini
- ¼ oz fresh parsley
- 1 lemon
- 10 oz pkg tilapia <sup>4</sup>
- ¼ oz harissa spice blend

## WHAT YOU NEED

- kosher salt & ground pepper
- olive oil

## TOOLS

- small saucepan
- medium nonstick skillet

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 570kcal, Fat 32g, Carbs 38g, Protein 35g



### 1. Cook couscous

Heat **1 teaspoon oil** in a small saucepan over medium-high. Add **couscous** and cook, stirring, until golden-brown, about 3 minutes. Add **¾ cup water** and **½ teaspoon salt**. Cover and bring to a boil over high heat. Reduce heat to low; cover and cook until al dente, 10–12 minutes. Keep covered off heat.



### 2. Prep ingredients

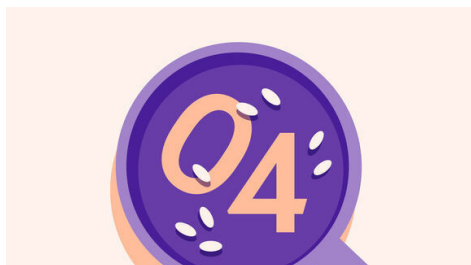
Meanwhile, scrub **zucchini**; halve lengthwise, then cut crosswise into ¾-inch thick half moons. Pick **parsley leaves** from stems and finely chop; discard stems. Finely grate **zest of half the lemon**; squeeze **1 tablespoon juice**. Cut **remainder of lemon** into wedges.

Pat **tilapia** dry. Season all over with **harissa spice, salt, and pepper**.



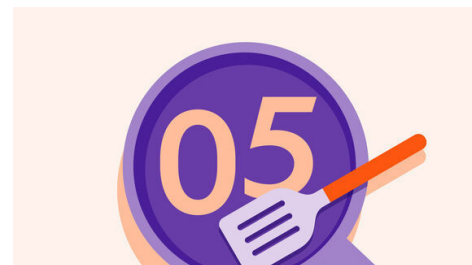
### 3. Cook zucchini

In a medium nonstick skillet, heat **1 tablespoon oil** over medium-high. Add **zucchini** in a single layer; season with **salt and pepper**. Cook **zucchini**, undisturbed, until well-browned on the bottom, 3–4 minutes. Flip zucchini and continue cooking until tender, 2–3 minutes more. Season to taste with **salt and pepper**; transfer to a plate.



### 4. TILAPIA VARIATION

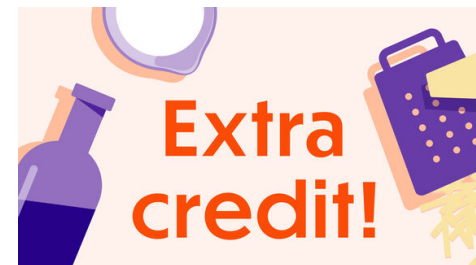
Heat **1 tablespoon oil** in same skillet over medium-high. Reduce heat to medium; add **tilapia**. Firmly press each fillet with back of a spatula, 10 seconds. Cook, occasionally pressing gently on fillets, until fish is lightly browned and cooked through, 2–3 minutes per side.



### 5. Finish & serve

Transfer **tilapia** to serving plates.

Stir **lemon zest and juice, parsley, and 2 tablespoons oil** into **couscous**; mix until combined and season to taste with **salt and pepper**. Serve **fish** with **couscous, zucchini, and lemon wedges** on the side. Enjoy!



### 6. Check us out!

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