



## Harissa Grilled Cod

with Mediterranean Zucchini & Chickpea Salad



30-40min



2 Servings

No grill? Preheat the broiler with the top rack 6 inches from the heat source. Place zucchini on a rimmed baking sheet; broil until lightly charred, 3-5 minutes. Heat 1 tablespoon oil in an ovenproof skillet over high. Add cod, skin side down, and cook, pressing down gently with a spatula, until skin is crispy, 3-4 minutes. Transfer skillet to oven; broil on top rack until cod is golden on top and medium, 3-5 minutes.

## What we send

- 1 oz golden raisins <sup>17</sup>
- 1 zucchini
- garlic
- ¼ oz fresh parsley
- 15 oz can chickpeas
- 10 oz pkg cod filets <sup>4</sup>
- ¼ oz ras el hanout
- 2 (1 oz) sour cream <sup>7</sup>
- ¼ oz harissa spice blend

## What you need

- white wine vinegar (or red wine vinegar) <sup>17</sup>
- sugar
- olive oil
- kosher salt & ground pepper

## Tools

- grill or grill pan
- small saucepan

## Cooking tip

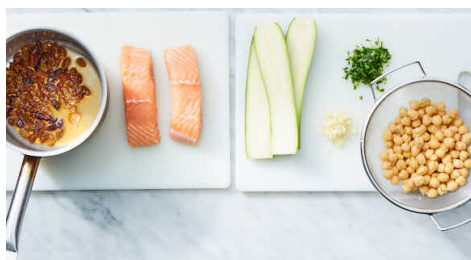
The zucchini and chickpea salad can be made up to one day ahead of time. After prepping, store in an airtight container in the refrigerator until ready to serve.

## Allergens

Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

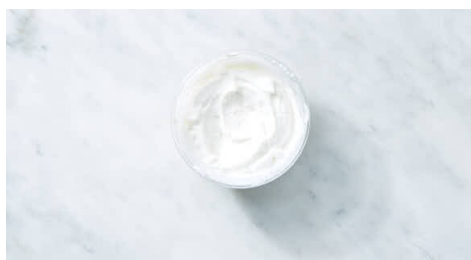
## Nutrition per serving

Calories 530kcal, Fat 31g, Carbs 48g, Protein 39g



### 1. Prep ingredients

Light a grill to medium-high, if using. In a small saucepan, combine **raisins**, **3 tablespoons vinegar**, and **1 teaspoon sugar**; bring to a simmer, then set aside off heat until step 3. Trim stem end from **zucchini**; cut lengthwise into ½-inch thick planks. Finely chop **2 teaspoons garlic**. Finely chop **parsley leaves and stems**. Drain and rinse **chickpeas**. Pat **cod** dry.



### 4. Make garlic crema

In a small bowl, stir to combine **all of the sour cream** and **remaining chopped garlic**. Season to taste with **salt** and **pepper**. Set garlic crema aside until step 6.



### 2. Grill zucchini

Preheat grill pan over medium-high, if using. Brush **zucchini planks** all over with **oil** and season with **salt** and **pepper**. Add zucchini to grill or grill pan, then reduce heat to medium. Cook, covered, until slightly charred and crisp-tender, about 3 minutes per side. Transfer zucchini to a cutting board to cool.



### 5. Grill cod

In a small bowl, combine **1 tablespoon oil** with **2 teaspoons harissa**. Brush **cod** on 1 side only with harissa oil and season with **salt** and **pepper**. Wipe grill grates or pan with **oil**, then add fish, harissa side up. Cook over medium heat, covered, until lightly charred and cooked through, 3-4 minutes per side.



### 3. Make chickpea salad

Cut **grilled zucchini** into ½-inch pieces. In a large bowl, stir to combine **zucchini**, **parsley**, **chickpeas**, **golden raisin mixture**, **2 tablespoons oil**, and **1 teaspoon each of the chopped garlic and ras el hanout**. Season to taste with **salt** and **pepper**.



### 6. Finish & serve

Serve **grilled cod** alongside **zucchini and chickpea salad** and **garlic crema**. Enjoy!