



Dukkah Crusted Fish

with Beets and Couscous



30-40min



2 Servings

Dukkah, an Egyptian spice blend made with ground hazelnuts, pistachios, sesame seeds and spices, is the star ingredient in this recipe. It forms a fragrant crust for monkfish, a fish with a meaty flesh similar to lobster's. Served with herbed couscous and sweet roasted beets, this meal is both elegant and satisfying. Cook, relax and enjoy!

What we send

- beets
- monkfish
- lemon
- fresh cilantro

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- rimmed baking sheet
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 655.0kcal, Fat 18.6g, Proteins 38.0g, Carbs 76.8g



1. Cook beets

Preheat oven to 425°F. Peel beets and slice into ½-inch thick wedges. Toss on a rimmed baking sheet with 2 tablespoons oil and season with salt and pepper. Roast 15 minutes.



4. Coat fish

Season fish with salt and pepper and coat all sides with dukkah.



2. Cook couscous

Meanwhile, bring 1 cup water to a boil in a small saucepan. Add couscous, stir, cover, and remove from heat. Let stand 5 minutes.



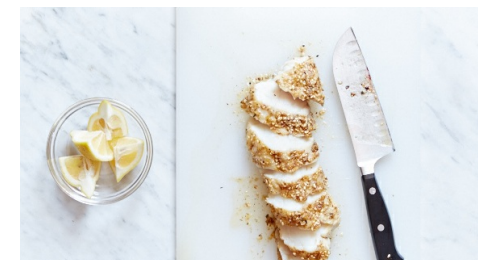
5. Cook fish

Remove beets from oven and toss. Place fish on baking sheet with beets and drizzle with 2 teaspoons oil. Continue roasting until fish is just cooked, 15 minutes.



3. Finish couscous

Remove thick stems from cilantro and finely chop rest. Fluff the couscous with a fork then stir in cilantro, juice from half the lemon and 1 tablespoon of oil. Season with salt.



6. Serve

Slice fish and serve with beets, couscous and remaining lemon half for squeezing over fish. Enjoy!