



Chermoula Crusted Coley

with Roasted Carrot Freekeh Salad



HELLO CARROT

We think of carrots as orange, but they can also be white, yellow, red, and purple!



Coriander



Flat Leaf Parsley



Lemon



Garlic Clove



Chermoula Spice Blend



Coley Fillet



Vegetable Stock Powder



Freekeh



Onion



Carrot



Natural Yoghurt



Rocket

Coley is a great tasting white fish with a similar meaty texture to Cod making it a versatile ingredient to use for a light and fresh midweek dinner. It's flaky texture works brilliantly with the crunchy chermoula crumb which can be prepped in minutes for show stopping results. Served with nutty freekeh salad (it should retain its bite when cooked) and a zesty yoghurt dressing, this is a quick and tasty recipe you can't go wrong with.

35 mins

1 of your 5 a day

Medium heat

MEAL BAG

5

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Large Saucepan** (with a **Lid**), **Sieve**, **Coarse Grater**, **Large Frying Pan** and **Baking Tray**. Now, let's get cooking!



1 MARINATE THE FISH

Roughly chop the **coriander** and **parsley** (stalks and all). Zest the **lemon**. Peel and grate the **garlic** (or use a garlic press). In a small bowl, mix together the **herbs**, **chermoula spice blend**, **olive oil** (see ingredients for amount) and **half** the **garlic** and **lemon zest**. Lay the **coley fillets** on a plate, season both sides with **salt** and **pepper** then spread the **chermoula mix** on top of each **fillet**.

! IMPORTANT: Remember to wash your hands and equipment after handling raw fish.



4 CREATE SOME FLAVOUR!

Heat a glug of **oil** in a large frying pan over medium heat. Pop the **onion** into the pan, along with the **sugar** (see ingredients for amount) and a pinch of **salt**. Cook until soft and beginning to colour, stirring occasionally, 4-5 mins. Once softened, increase the heat slightly then stir in the **carrot**. Cook for 3-4 mins. Add the **garlic** and cook for 1 minute more. Mix the **veggies** into the cooked **freekeh** along with the remaining **lemon zest**.

BEFORE YOU EAT

Check out what you have cooked! Acknowledging your daily wins is a great way to encourage feelings of well-being and joy. Now tuck in!



2 COOK THE FREEKAH

Preheat the oven to 180°C and put a large saucepan of **water** on to boil. Once boiling, stir in the **stock powder** to dissolve, then stir in the **freekeh**. Bring back to the boil and reduce to a simmer until the **grains** have doubled in size and are tender enough to eat, 10-12 mins. Drain in a sieve and return to the pan off the heat with the lid on to keep warm.



5 BAKE THE FISH

As the **veggies** are cooking, drizzle a little **oil** onto a baking tray and place the **coley fillets** on top. Halve the **lemon**, then thinly slice one half into rounds. Lay one slice of **lemon** on top of each **fillet** then cook on the middle shelf of your oven for 10-12 mins.

! IMPORTANT: The fish is cooked when the flesh is opaque and flaky.



3 PREP THE VEGGIES

In the meantime, halve, peel and thinly slice the **onion**. Trim, then grate the **carrot** on a coarse grater (no need to peel).



6 FINISHING TOUCHES

Meanwhile, in another small bowl, mix together the **yogurt** and a drizzle of **olive oil**. Season to taste with juice from the remaining **lemon** and some **salt** and **pepper**. Just before serving, carefully mix the **rocket** into the **freekeh**, taste and season with **salt** and **pepper** as required. Divide the **freekeh salad** between your plates and when the **fish** is ready, pop a **fillet** on top and drizzle over the **yogurt dressing**. **Delicious!**

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Coriander	1 bunch	1 bunch	1 bunch
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch
Lemon	1	1	2
Garlic Clove	2	2	3
Chermoula Spice Blend	1 pot	1½ pots	2 pots
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Coley Fillet 4)	2	3	4
Vegetable Stock Powder 10)	½ sachet	¾ sachet	1 sachet
Freekeh 13)	100g	150g	200g
Onion	1	1½	2
Carrot	1	2	2
Sugar*	½ tsp	½ tsp	¾ tsp
Natural Yoghurt 7)	½ pouch	1 pouch	1 pouch
Rocket	1 bag	1 bag	2 bags

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 442G	PER 100G
Energy (kcal)	462	105
(kJ)	1931	437
Fat (g)	14	3
Sat. Fat (g)	2	1
Carbohydrate (g)	50	11
Sugars (g)	15	3
Protein (g)	37	8
Salt (g)	1.14	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 7) Milk 10) Celery 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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