

Honey Glazed Cod and Harissa Mixed Bean Stew with Couscous



CLASSIC 30 Minutes • Medium Heat • 1.5 of your 5 a day









Red Onion





Coriander

Mixed Beans



Harissa Paste



Tomato Puree





Couscous



Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Colander, Frying Pan, Measuring Jug, Saucepan and Mixing Bowl.

Ingredients

_			
	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	2 cloves	3 cloves	3 cloves
Coriander**	1 bunch	1 bunch	1 bunch
Mixed Beans	1 carton	1½ cartons	2 cartons
Harissa Paste	1 sachet	1½ sachets	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Water for the Harissa Chickpeas*	200ml	300ml	400ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	2 sachets	2 sachets
Water for the Couscous*	240ml	360ml	480ml
Couscous 13)	120g	180g	240g
Cod Fillet 4)**	2	3	4

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	403g	100g
Energy (kJ/kcal)	2249 /538	558/133
Fat (g)	9	2
Sat. Fat (g)	1	1
Carbohydrate (g)	70	17
Sugars (g)	18	4
Protein (g)	38	9
Salt (g)	1.42	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

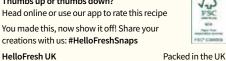
4) Fish 10) Celery 13) Gluten

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

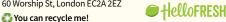
Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Get Prepped

Halve, peel and chop the red onion into small pieces. Peel and grate the garlic (or use a garlic press). Roughly chop the **coriander** (stalks and all). Drain and rinse the **mixed beans** in a colander. Pop half of them into a bowl and crush with the back of a fork.



2. Start the Harissa Beans

Heat a drizzle of **oil** in a frying pan on medium high heat. Add half the onion and cook, stirring occasionally, until soft, 4-5 mins. Add half the garlic, the harissa paste and tomato puree and and cook, stirring, for 1 min. Add the water (see ingredients for amounts) with half the stock **powder** and **half** the **honey**. Stir well to dissolve the stock powder.



3. Simmer!

Add the whole and crushed **beans** to the **mixture**, season with salt and pepper and bring to a simmer. Reduce the heat to medium and simmer until thickened slightly, 12-15 mins. Add a splash of water if it starts to look dry.



4. Couscous Time

Heat a drizzle of oil in a medium saucepan on medium high heat. Add the remaining **onion** and cook, stirring, until soft, 3-4 mins. Add the remaining garlic and cook for 1 min. Pour the water for the couscous (see ingredients for amount) into the saucepan with the remaining **stock** and bring to the boil. When boiling, remove from the heat and stir in the **couscous**, pop a lid on the pan and remove from the heat. Leave to the side for 8-10 mins or until ready to serve.



5. Cook the Fish

Pop the cod fillets into a bowl with a drizzle of oil, the remaining **honey** and season with **salt** and pepper. Mix to coat. Heat a frying pan on high heat and cook until golden brown, 2 mins each side. Pop the **cod** onto the **beany stew**, cover with a lid (or some foil) and cook until the **fish** is cooked through, 1-2 mins. IMPORTANT: The fish is cooked when opaque in the middle.



6. Finish and Serve

Stir half the coriander through the couscous. Taste and season with salt and pepper if you like. Divide the **couscous** between plates and spoon over the harissa beans and cod. Top with the remaining coriander.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.