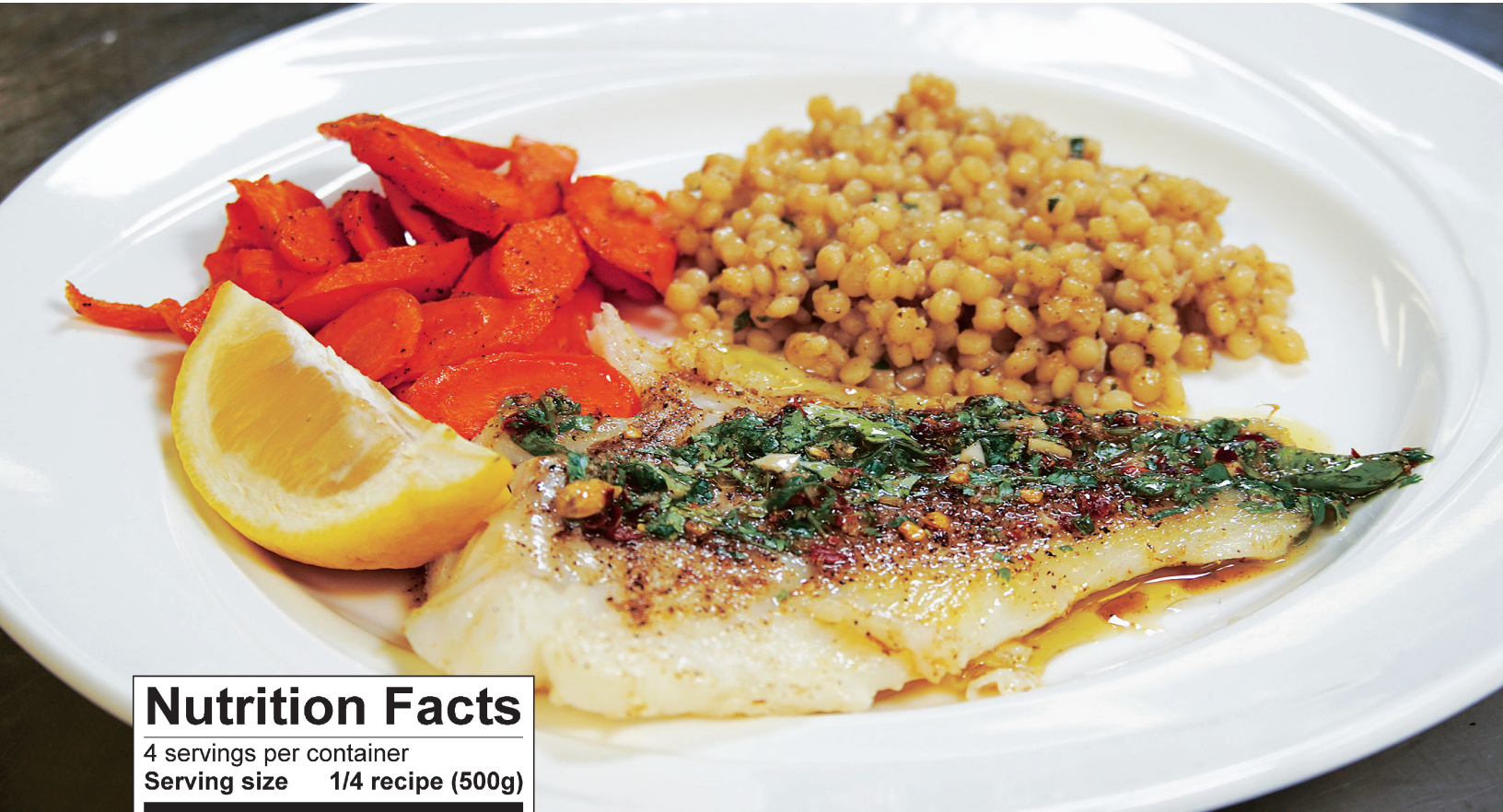


Chimichurri Cod with Roasted Carrots & Garlic Herb Couscous

Prep time: **10** MINUTES

Cook time: **25** MINUTES

Servings: **4**



Nutrition Facts

4 servings per container
Serving size **1/4 recipe (500g)**

Amount per serving
Calories 590

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 25g | 32% |
| Saturated Fat 5g | 25% |
| Trans Fat 0g | |
| Cholesterol 70mg | 23% |
| Sodium 380mg | 17% |
| Total Carbohydrate 58g | 21% |
| Dietary Fiber 6g | 21% |
| Total Sugars 11g | |
| Includes 0g Added Sugars | 0% |
| Protein 34g | |
| Vitamin D 1mcg | 6% |
| Calcium 105mg | 8% |
| Iron 2mg | 10% |
| Potassium 1221mg | 25% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Scan code for a video of how to make this recipe!



Ingredients:

- 24 ounces medium carrots
- 2 medium lemons
- 2 teaspoons cumin
- 1 cup Israeli couscous
- 4 (5-ounce) cod fillets
- 6 tablespoons cilantro
- 2 cloves garlic
- 1 teaspoon chili flakes
- 1 ½ cups unsalted vegetable broth
- 6 tablespoons olive oil
- ¼ teaspoon salt
- 2 teaspoons ground black pepper
- 1 tablespoon salted butter

Recipe adapted from HelloFresh

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slice & spice
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Instructions:



1. Prep

Preheat oven to 425°F. Rinse fresh produce. Peel and cut carrots on a diagonal into ½-inch thick slices. Mince garlic cloves. Finely chop the cilantro. Cut lemons into quarters.



2. Roast carrots

Add carrots to a baking sheet lined with parchment paper or foil. Add 2 tablespoons olive oil, ¼ teaspoon salt, and ½ teaspoon ground black pepper. Bake for 20 to 25 minutes, or until softened and golden brown.



3. Make chimichurri sauce

Combine 4 tablespoons cilantro, 1 teaspoon cumin, juice of 1 lemon, 4 tablespoons olive oil, ½ teaspoon ground black pepper, ¼ teaspoon salt, chili flakes, and half the garlic in a small bowl. Mix and set aside.



4. Make couscous

In a small pot over medium-high heat, add couscous and the other half the garlic. Stir for 1 to 2 minutes, or until the garlic is fragrant and couscous is lightly toasted. Add vegetable broth and bring to a boil. Cover and reduce heat. Simmer for 6 to 8 minutes, or until al dente, and add ½ teaspoon ground black pepper, 2 tablespoons cilantro, and butter. Remove from heat and cover until ready to serve.



5. Season and cook cod

Pat the cod dry with paper towels. Season with 1 teaspoon cumin and ½ teaspoon ground black pepper. Heat 2 tablespoons olive oil in a large pan over medium-high heat. Add the cod and cook for 4 to 6 minutes per side, until the internal temperature is 145°F.

6. Final touches

Plate cod, couscous, and carrots. Spoon the chimichurri sauce over the cod and serve with a lemon wedge.

Did you know ?

- » Carrots contain beta-carotene, a form of vitamin A, which keeps your eyes healthy.
- » Cod is a low-fat flaky white meat fish that contains vital nutrients such as omega-3 fatty acids and vitamin B12.

Try these tips!

- » Keep minced garlic in the freezer and use as needed!
- » Use extra virgin olive oil in the chimichurri for a more flavorful sauce.