

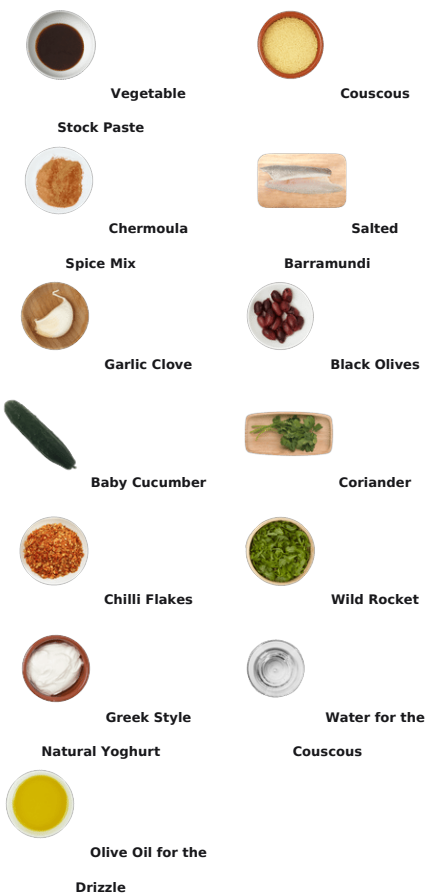


Baked Spiced Barramundi and Herby Olive Couscous

with Homemade Garlic-Chilli Oil and Yoghurt Drizzle

High Protein

Preparation time : 30 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/baked-spiced-barramundi-and-herby-olive-couscous-385>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Medium Saucepan, Garlic Press, Baking Paper, Lid, Bowl

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Vegetable Stock Paste (grams)	10	15	20
Couscous (grams)	120	180	240
Chermoula Spice Mix (sachet(s))	1	2	2
Salted Barramundi (unit(s))	2	3	4
Garlic Clove (unit(s))	1	1½	2
Black Olives (grams)	30	45	60
Baby Cucumber (unit(s))	1	1½	2
Coriander (bunch(es))	1	1	1
Chilli Flakes (sachet(s))	1	1	2
Wild Rocket (grams)	20	40	40
Greek Style Natural Yoghurt (grams)	75	150	150
Water for the Couscous (milliliter(s))	200	300	400
Olive Oil for the Drizzle (tbsp)	1½	2¼	3

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	2207 kJ
Energy (kcal)	527 kcal
Fat	17.2 g
of which saturates	4.3 g
Carbohydrate	51 g
of which sugars	5.6 g
Dietary Fibre	5 g
Protein	30.8 g
Salt	2.26 g

Allergens

Milk, Wheat, Fish, May contain traces of allergens, Soya, Cereals containing gluten

Always check the product labels for allergen information.



Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7.
Pour the **water for the couscous** (see pantry for amount) and **vegetable stock paste** into a saucepan and bring to the boil.
When boiling, remove from the heat, stir in the **couscous** and **half** the **chermoula spice mix** along with a drizzle of **olive oil**, then pop a lid on the pan.
Leave to the side for 8-10 mins or until ready to serve.



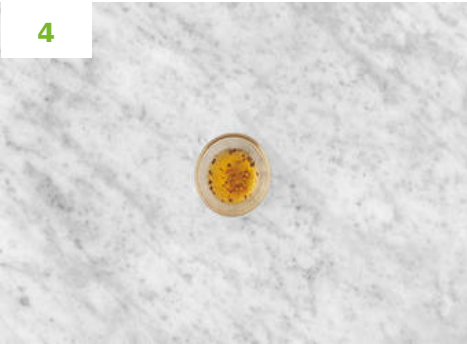
Bake the Barramundi

While the **couscous** cooks, lay the **barramundi fillets**, skin-side down, onto a lined baking tray. Drizzle with oil and season with **salt**. Sprinkle over the remaining **chermoula spice mix** and rub to coat.
When the oven is hot, bake the **fish** on the middle shelf of your oven until cooked through, 12-14 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.*



Prep Time

While everything cooks, peel and grate the **garlic** (or use a garlic press). Roughly chop the **olives**. Trim the **cucumber**, then halve lengthways. Cut into 1cm thick half moons.
Roughly chop the **coriander** (stalks and all).



Chilli-Garlic Oil Time

Heat the **olive oil for the drizzle** (see pantry for amount) in a small saucepan on low heat.
Once hot, add the **chilli flakes** (add less if you'd prefer things milder) and **garlic** and immediately remove from the heat. Carefully stir until fragrant.
Pop it in a small bowl, season the **chilli-garlic oil** with **salt** and **pepper**, then set aside for later.



All Together Now

When everything's ready, fluff up the **couscous** with a fork and stir through the **olives**, **cucumber**, **rocket** and **half** the **coriander**. Drizzle with a little **olive oil** and season with **salt** and **pepper**. **TIP:** *Don't add the leaves too early or they'll go soggy.*
Stir the remaining **coriander** through the **chilli-garlic oil**.



Serve Up

When everything's ready, share the **couscous** between serving bowls. Top with the **baked barramundi**, dollop on the **Greek style yoghurt** and drizzle over the **garlic-chilli oil** to finish.

Enjoy your meal!