

Crispy Cod & Spiced Couscous

with Acorn Squash & Rainbow Chard

Spice blends are an easy way to achieve rich, complex depth of flavor. In this recipe, we're using ras el hanout, a traditional Moroccan blend that features a delicious mosaic of warming Middle Eastern spices. We're infusing couscous and sprinkling sweet and nutty acorn squash with the ras el hanout, and serving both with chickpea flour-crusted cod, rainbow chard and sweet golden raisins. Garnished with mint, this meal redefines cold-weather comfort food with each layered, aromatic bite.



Ingredients

- 2 Cod Fillets
- 1 Cup Couscous
- 1 Bunch Rainbow Chard
- 1 Acorn Squash
- 1 Lemon
- 1 Bunch Mint

Knick Knacks

- 3 Tablespoons Golden Raisins
- 2 Tablespoons Chickpea Flour
- 1 1-Inch Piece Ginger
- 1 Tablespoon Ras El Hanout

Makes 2 Servings

About 585 Calories Per Serving

Prep Time: 15 min | Cook Time: 20 to 30 min



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Using a sturdy knife, cut off and discard both ends of the squash; halve lengthwise, then scoop out and discard the pulp and seeds. Cut the squash into ½-inch-thick pieces. Using a peeler, remove the lemon rind, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Peel and mince the ginger. Thinly slice the chard leaves and stems, keeping them separate. Pick the mint off the stems; discard the stems.

2



Roast the squash:

Place the **squash** on a sheet pan; drizzle with olive oil and season with salt, pepper and **half the ras el hanout**. Toss to thoroughly coat. Arrange the seasoned squash in a single, even layer. Roast, flipping halfway through, 20 to 22 minutes, or until browned and tender when pierced with a fork.

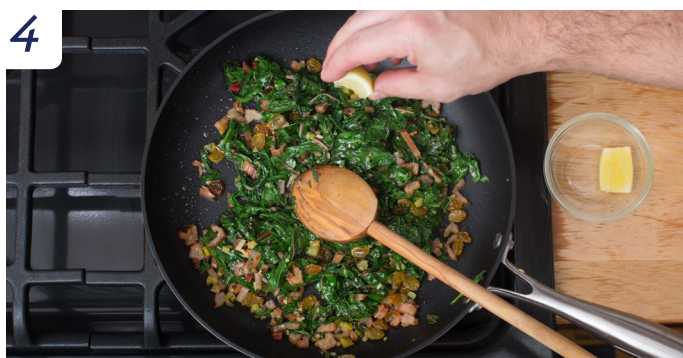
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Cook the couscous:

While the squash roasts, in a large pot, heat **1 cup of water** to boiling on high. Once boiling, stir in the **couscous** and **remaining ras el hanout**; season with salt and pepper. Cover and remove from heat. Let stand 5 to 7 minutes, or until the water has been absorbed. Stir in the **lemon zest** and **the juice of 2 lemon wedges**; season with salt and pepper to taste.

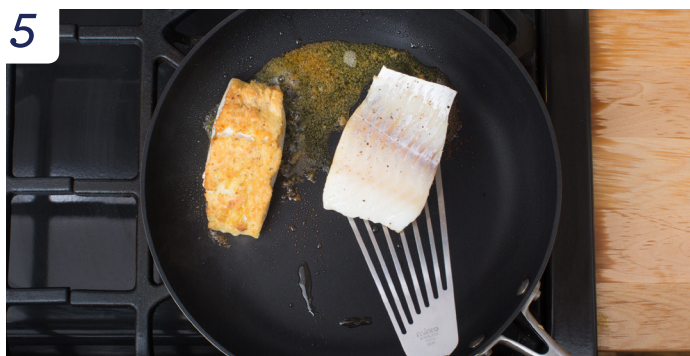
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Cook the vegetables & finish the couscous:

In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **chard stems** and **ginger**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened and fragrant. Add the **chard leaves**, **raisins** and **2 tablespoons of water**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until the chard leaves have wilted. Stir in **the juice of the remaining lemon wedges**; transfer to the pot of **cooked couscous**. Stir to thoroughly combine. Set aside in a warm place. Wipe out the pan.

5



Coat & cook the cod:

Pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. Coat 1 side of each seasoned fillet in the **chickpea flour** (tapping off any excess). In the pan used to cook the vegetables, heat 2 teaspoons of olive oil on medium-high until hot. Add the fillets, coated sides down. Cook 3 to 5 minutes on the first side, or until golden brown. Flip and cook 2 to 3 minutes, or until browned and cooked through. Remove from heat.

6



Plate your dish:

Divide the **roasted squash** and **finished couscous** between 2 plates. Top with the **cooked cod fillets**. Garnish with the **mint** (roughly chopping just before adding). Enjoy!