

# Barramundi & Herbed Couscous

with Honeynut Squash & Dukkah-Spiced Yogurt

**TIME:** 30-40 minutes

**SERVINGS:** 2

Egyptian dukkah is a warming blend of herbs and spices that flavors the sauce for tonight's Middle Eastern recipe. Our inspired blend features fragrant ground coriander, nutty black sesame seeds, and za'atar (itself a blend of herbs and spices). The bright sauce is equally delicious spooned over crispy barramundi and raisin-studded couscous, or used as a dip for a sweet side of roasted honeynut squash.



## MATCH YOUR BLUE APRON WINE



Light & Bright

Serve a bottle with this symbol for a great pairing.



## Ingredients



2  
SKIN-ON  
BARRAMUNDI  
FILLETS



1/2 cup  
COUSCOUS



4 oz  
SPINACH



2 cloves  
GARLIC



1  
HONEYNUT  
SQUASH



1  
LEMON



1 bunch  
PARSLEY

## KNICK KNACKS:



1 1/2 Tbsps  
GOLDEN RAISINS



1 tsp  
DUKKAH SPICE  
BLEND\*



1/2 cup  
PLAIN GREEK  
YOGURT

\* Za'atar, Ground Coriander, Ground Fennel Seeds, Ground Cumin, & Whole Black Sesame Seeds



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### 1 Prepare & roast the squash:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the **squash**. Quarter the squash lengthwise; using a spoon, scoop out and discard the pulp and seeds. Place on a sheet pan. Drizzle with olive oil and season with salt and pepper. Turn to thoroughly coat. Roast 24 to 26 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven; transfer to a serving dish. Set aside in a warm place.

### 2 Prepare the remaining ingredients & make the sauce:

- ☐ While the squash roasts, wash and dry the remaining fresh produce.
- ☐ Peel the garlic; roughly chop 1 clove. Finely chop the remaining clove; using the flat side of your knife, smash until it resembles a paste (or use a zester).
- ☐ Roughly chop the parsley leaves and stems.
- ☐ Quarter and deseed the lemon.
- ☐ In a bowl, combine the **yogurt, spice blend, the juice of 1 lemon wedge, as much of the garlic paste as you'd like**, and a drizzle of olive oil. Season with salt and pepper to taste.

### 3 Cook the couscous:

- ☐ While the squash continues to roast, in a small pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **chopped garlic**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until softened and fragrant.
- ☐ Add the **couscous** and **1 cup of water** (be careful, as the liquid may splatter). Season with salt and pepper. Heat to boiling on high.
- ☐ Once boiling, cover and turn off the heat. Let stand 6 to 8 minutes, or until the water has been absorbed and the couscous is tender. Fluff the cooked couscous with a fork.
- ☐ Stir in the **raisins, the juice of 2 lemon wedges, half the parsley**, and a drizzle of olive oil. Season with salt and pepper to taste. Cover and set aside in a warm place.

### 4 Cook the barramundi:

- ☐ While the couscous cooks, pat the **barramundi fillets** dry with paper towels; season with salt and pepper on both sides. In a medium pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned fillets, skin side down. Cook 3 to 5 minutes on the first side, or until the skin is lightly browned and crispy.
- ☐ Flip and cook 2 to 3 minutes, or until lightly browned and cooked through. Turn off the heat. Leaving any browned bits (or fond) in the pan, transfer to a plate.

### 5 Cook the spinach:

- ☐ Add 2 teaspoons of olive oil to the pan of reserved fond; heat on medium-high until hot. Add the **spinach**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until wilted. Turn off the heat. Stir in the **juice of the remaining lemon wedge**.

### 6 Finish the couscous & plate your dish:

- ☐ Stir the **cooked spinach** into the pot of **couscous**. Season with salt and pepper to taste.
- ☐ Divide the finished couscous and **cooked barramundi fillets** between 2 dishes. Serve with the **roasted squash** and **sauce** on the side. Garnish the squash with the **remaining parsley**. Enjoy!