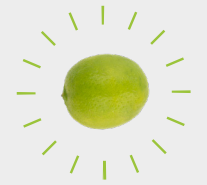




# SOUTHERN SPICED LING

with Coriander Couscous & Lime Yoghurt Crema



Make a lime yoghurt crema



Zucchini



Ling



Couscous



Sweetcorn



Coriander



Lime



Greek Yoghurt



Vegetable Stock



Garlic



Southern Bayou Spice Blend

Hands-on: **20** mins  
Ready in: **25** mins

Eat me early

Low calorie

There are plenty of fish in the sea they say, but none quite like this Southern ling, we say! This dish is super healthy and bursting with big, citrusy flavours. There won't be any need to fish for compliments tonight!

**Pantry Staples:** Olive Oil, Plain Flour

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, two medium bowls, garlic crusher, tongs, medium frying pan, wooden spoon, medium saucepan with lid, fork, spatula** and **small bowl**.



### 1 PREP & COOK THE VEG

Dice the **zucchini**. Drain the **sweetcorn**. Heat a **drizzle** of **olive oil** in a medium frying pan over a high heat. Once hot, add the zucchini and sweetcorn and cook, stirring, for **5-6 minutes**, or until lightly charred.

**TIP:** Cover the pan if the corn kernels start popping out! Transfer to a medium bowl and set aside.



### 2 COOK THE COUSCOUS

While the veg is cooking, add the **water (for the couscous)** to a medium saucepan, crumble in the **vegetable stock** cube (**use suggested amount**) and bring to the boil. Add the **couscous** and a **drizzle** of **olive oil**. Stir to combine, place a lid on the saucepan and remove from the heat. Leave for **5 minutes**, or until all the water is absorbed. Fluff up with a fork and set aside.



### 3 ADD FLAVOUR TO THE FISH

Peel and crush the **garlic**. Combine the **Southern Bayou spice blend** and **plain flour** in a second medium bowl. Add **1/2** the garlic, the **ling** and a **drizzle** of **olive oil** to the bowl and toss to coat.



### 4 COOK THE FISH

Return the medium frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **ling** and cook for **2-3 minutes** on each side, or until just cooked through. **TIP:** The fish is cooked when it turns from translucent to white in the centre.



### 5 MAKE THE LIME YOGHURT CREMA

While the fish is cooking, juice the **lime** to get **2 tsp (for 2 people) / 1 tbs (for 4 people)**. Add the **Greek yoghurt**, a **pinch** of **garlic** and the lime juice to a small bowl. **TIP:** Add as little or as much lime juice and raw garlic depending on your taste preference! Stir to combine and season to taste with a **pinch** of **salt** and **pepper**.

Finely chop the **coriander** (reserve some for a garnish!). Stir the coriander through the couscous.



### 6 SERVE UP

Divide the coriander couscous between plates. Top with the southern spiced ling, charred veg and a dollop of the lime yoghurt crema. Garnish with the reserved coriander.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
ling	1 packet	1 packet
zucchini	1	2
sweetcorn	1 tin (125 g)	2 tins (250 g)
water* (for the couscous)	1 cup	2 cups
vegetable stock	½ cube	1 cube
couscous	1 packet (½ cup)	2 packets (1 cup)
garlic	1 clove	2 cloves
Southern Bayou spice blend	1 sachet (1 tbs)	2 sachets (2 tbs)
plain flour*	2 tsp	1 tbs
lime	1	2
Greek yoghurt	1 tub (100 g)	1 tub (200 g)
coriander	1 bunch	1 bunch

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1810kJ (433Cal)	400kJ (96Cal)
Protein (g)	40.3g	8.9g
Fat, total (g)	5.6g	1.2g
- saturated (g)	2.0g	0.4g
Carbohydrate (g)	51.6g	11.4g
- sugars (g)	9.4g	2.1g
Sodium (g)	1360mg	300mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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