



Spice-rubbed haddock fillets on orange & parsley couscous

READY IN



25 min.

SERVINGS



4

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 175 g haddock
- ☐ 2 tbsp ras el hanout spice mix
- ☐ 400 g couscous
- ☐ 25 g butter unsalted
- ☐ 1 large onion finely chopped
- ☐ 50 g pinenuts
- ☐ 50 g golden raisins
- ☐ 1 orange zest finely grated

☐ 1 small handful parsley chopped

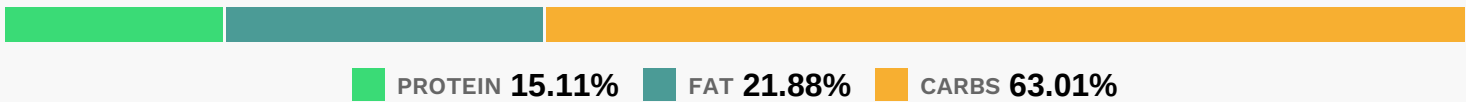
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to fan 170C/ conventional 190C/ gas
- ☐ Rub the haddock fillets with the spice blend and set aside.
- ☐ Put the couscous into a large heatproof bowl.
- ☐ Pour over 500ml/18fl oz of boiling water and leave to soak for 5 minutes.
- ☐ Meanwhile, melt the butter in a frying pan and cook the onion gently for 5 minutes, until its soft and golden.
- ☐ Remove from the heat and stir in the pine nuts and sultanas.
- ☐ Fluff up the couscous with a fork, then add the onion mixture, orange zest and juice, and half the parsley. Stir together thoroughly and season with black pepper. Tip into a roasting tray and level the surface.
- ☐ Arrange the fish fillets on top of the couscous. Cover loosely with a large piece of foil.
- ☐ Bake for 15–20 minutes, by which time the fish should be cooked it depends on the thickness of the fillets. To check, the flesh should look opaque and flake easily when prodded with a fork.
- ☐ Serve at once, sprinkled with the remaining parsley.

Nutrition Facts



Properties

Glycemic Index:53.17, Glycemic Load:53.25, Inflammation Score:-6, Nutrition Score:20.790434837341%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg

Nutrients (% of daily need)

Calories: 599.96kcal (30%), Fat: 14.67g (22.57%), Saturated Fat: 4.06g (25.35%), Carbohydrates: 95.05g (31.68%), Net Carbohydrates: 87.04g (31.65%), Sugar: 9.55g (10.61%), Cholesterol: 37.06mg (12.35%), Sodium: 108.4mg (4.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.8g (45.6%), Manganese: 2.1mg (104.93%), Vitamin K: 39.75µg (37.86%), Phosphorus: 372.85mg (37.28%), Fiber: 8.01g (32.05%), Vitamin B3: 5.86mg (29.28%), Magnesium: 100.72mg (25.18%), Copper: 0.5mg (25.11%), Vitamin B6: 0.36mg (18.13%), Iron: 3.16mg (17.53%), Selenium: 11.9µg (17%), Vitamin B1: 0.24mg (16.31%), Potassium: 558.65mg (15.96%), Vitamin B5: 1.57mg (15.71%), Vitamin B12: 0.81µg (13.52%), Vitamin E: 2mg (13.35%), Zinc: 1.97mg (13.14%), Folate: 45.53µg (11.38%), Vitamin B2: 0.18mg (10.84%), Vitamin C: 8.74mg (10.6%), Calcium: 93.7mg (9.37%), Vitamin A: 324.86IU (6.5%), Vitamin D: 0.31µg (2.08%)