



## Spanish Fish & Chorizo Stew with Giant Couscous

Many people think couscous is a grain, but did you know it is actually tiny balls of semolina pasta? This dish is all done in one pan, so less washing up! High in protein and flavour but low in fat, this dish counts as three of your five-a-day too! If you have fresh bread at home, we recommend using it for mopping up the leftover sauce!

### Ingredients

- Cod
- Chorizo
- Onion
- Garlic
- Tomatoes
- Fish stock cube
- Yellow Pepper
- Giant Couscous
- Lemon
- Parsley

### Your Pantry

- Olive Oil

### Nutritional Info

Calories: 449 kcal  
Carbohydrates: 62.1 g  
Protein: 34g  
Fat: 6.9 g

### Allergens

[Dairy \(Chorizo\)](#)

[Gluten \(Chorizo\)](#)

[Wheat \(Cous Cous\)](#)

[Celery \(Stock Cube - may also contain traces of Shellfish, Egg, Soya & Mustard\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*

### 1) **Boil the kettle**

### 2) **Prepare the vegetables**

Combine the stock cube with 500 ml of boiling water per cube and set aside 110ml per person (keep the rest, in case you need it later).

Thinly slice the onion. Peel and crush the garlic. Slice the yellow pepper lengthways into 1 cm wide strips. Finely chop the parsley. Slice the lemon in half.

### 3) **Cook the vegetables**

In a deep, flat-bottom frying pan, heat a little oil on medium heat. Add the chorizo and saute for 1-2 minutes. Add the onions, garlic, and yellow pepper and fry for 3-4 minutes or until beginning to soften and caramelize.

### 4) **Make the stew**

Pour in the tinned tomatoes, and stock and bring to a simmer. Add the giant couscous and cook for about 6-8 minutes (or until the couscous is almost, but not quite cooked). Make sure to stir intermittently to prevent sticking. If the dish looks a little dry and the couscous is not cooked, add some more stock. Season with salt and pepper to taste.

### 4) **Cook the fish**

Once the couscous is almost cooked, lay the fish pieces into the same pan, submerging them in the liquid. Cook for 4-5 minutes or until the fish is cooked (it should firm, flake easily and be white, not opaque, the whole way through).

### 5) **Plate the dish immediately**

Don't forget to garnish with the lemon and chopped parsley!



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