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Chefs Plate



NORTH AFRICAN-INSPIRED FISH STEW WITH PEARL COUSCOUS



This cozy bowl of poached fish stew, filled with pearl couscous, spinach and lots of warming spices, delivers comfort food vibes any time of year. To take things to the next level, crumbles of salty, creamy feta top this satisfying bowl.



35 MIN

TOOLS

- Vegetable Peeler
- Measuring Spoons
- Measuring Cups
- Large Pot
- Paper Towels

PANTRY ITEMS

- Salt & Pepper
- Butter

IN YOUR KIT BAG

2 PORTIONS

4 PORTIONS

Basa Fillets	285 g	570 g
Pearl Couscous	¾ cup	1 ½ cups
Tomato Sauce Base	2 tbsp	4 tbsp
Yellow Onion	113 g	226 g
Baby Spinach	28 g	56 g
Roma Tomato	190 g	380 g
Feta Cheese, crumbled	¼ cup	½ cup
Carrot	170 g	340 g
Vegetable Stock Powder	1 tbsp	2 tbsp
Moroccan Spice Blend	1 tbsp	2 tbsp

Shrimp

285 g

570 g



MADE TO ORDER

This meal is made to order. If you swapped your protein, we've got you covered – just flip this card over to find your cooking instructions.

COOK SMARTER, NOT HARDER

Making followers jealous is almost too easy:



@ChefsPlate

#CookSmarter

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GET STARTED

Gather all your tools, wash and dry all produce and then start the recipe.

*CHEF'S HACK

Poaching fish in a stew keeps fish tender and lets it also absorb the flavours of the broth!

MEASUREMENTS WITHIN STEPS

1 tbsp

2 person

(2 tbsp)

4 person

oil

Ingredient

01



PREP INGREDIENTS

- Cut **tomatoes** into 1/2-inch pieces.
- Peel, then cut **onion** into 1/4-inch slices.
- Peel, then cut **carrot** into 1/4-inch pieces.
- Roughly chop **spinach**.

02



START STEW

- In a large pot, heat **1 tbsp** (2 tbsp) **butter** over medium-high heat.
- When **butter** is melted, add **carrots** and **onions**. Cook for 4-6 min, stirring occasionally, until **carrots** are golden and **onions** soften. Season with **salt** and **pepper**.
- Reduce heat to medium, then add **tomato sauce base**, **tomatoes** and **three-quarters of the Moroccan Spice Blend**. Cook for 30 sec, stirring constantly, until fragrant.

03



COOK STEW

- To **stew**, add **2 1/4 cups** (4 1/2 cups) **water** and **vegetable stock powder**. Stir to combine. Bring to a boil over high.
- Once boiling, cover the pot and reduce heat to medium-low. Simmer for 4-6 min, stirring halfway, until **stew** reduces slightly.

04



PREP BASA

- Meanwhile, cut **basa fillets** in half crosswise.
- Pat **basa** dry with paper towels, pressing well to absorb as much moisture as possible.
- Season with **salt**, **pepper** and **remaining Moroccan Spice Blend**.

05



FINISH STEW

- To the pot with **stew**, add **couscous**. Stir to combine.
- Gently add **basa** to the pot.* Cover and cook for 10-14 min, until **couscous** is tender and **basa** is cooked through.**
- Add **spinach**. Cook for 1 min, gently stirring, until wilted.

06



FINISH & SERVE

- Divide **stew** between bowls.
- Sprinkle **feta** over top.
- Enjoy!



If you've opted to get shrimp, drain shrimp, then pat dry with paper towels. Season with salt, pepper and remaining Moroccan Spice Blend. To the pot with couscous, add shrimp and cover. Cook for 3-4 min, lifting the lid to stir occasionally, until firm and opaque.**

For nutritional information as prepared, refer to website or app.

** Health Canada recommends cooking fish and shellfish to minimum internal temperatures of 158°F and 165°F, respectively.