



HOME CHEF

Moroccan Fish Chermoula

with Shaved Cucumber Salad



Moroccan cuisine is a rich tapestry of flavors woven from thousands of years of Mediterranean, Spanish, and Arabic influence. Chermoula is a blend of lemon, fresh herbs, and spices that is perfect accompaniment to fish and seafood. We pair this flavorful sauce with mild and flaky tilapia fillets and a light shaved cucumber salad that fills you up without weighing you down.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



MILD



DAYS BEST COOKED BY

NUTRITION

Calories: 355
Carbohydrates: 35g
Fat: 4g
Protein: 45g
Sodium: 819mg
per serving

DIETARY



LOW CALORIE



LOW CARB



DAIRY-FREE



GLUTEN-FREE



NUT-FREE



SOY-FREE

DRINK PAIRING

Citrusy Cocktail
Sauvignon Blanc

INGREDIENTS

- 2 Green Onions
- 1 Persian Cucumber
- 3 oz. Grape Tomatoes
- 2 Garlic Cloves
- 1 Lemon
- 5 Cilantro Sprigs
- 2 Tbsp. Honey
- 1 tsp. Tomato Paste
- 1 Tbsp. Chermoula Seasoning Blend
- 2 Tilapia Fillets

WHAT YOU NEED

- Olive Oil
- Salt
- Pepper

EQUIPMENT

- 2 Mixing Bowls
- Medium Pan

DID YOU KNOW?

You can review our recipes and share feedback by visiting the “Order History” tab on your online account.

Discover more recipes at homechef.com



Prepare the Ingredients

Thoroughly rinse produce and pat dry. Thinly slice **green onions**. Thinly shave **cucumber** with a vegetable peeler. Halve **tomatoes**. Mince **garlic**. Zest (grate the peel) and halve **lemon**. Stem and chop **cilantro**.



Prepare the Dressing

In a mixing bowl, whisk together juice of half the **lemon**, half the **honey** (1 Tbsp.), 1 Tbsp. **olive oil**, and a pinch of **salt** and **pepper**.



Prepare the Chermoula Sauce

In a mixing bowl, combine **tomato paste**, **garlic**, half of the **green onion**, **Chermoula seasoning blend**, remaining **honey**, **cilantro**, 1 Tbsp. **olive oil**, and a pinch of **salt** and **pepper**.



Cook the Fish

Heat a medium pan and 2 tsp. **olive oil** over medium to high heat. Season **fish** on both sides with a pinch of **salt** and **pepper**. Add fish to pan and cook for 4-5 minutes or until a golden brown crust forms and fish is firm to the touch, or a minimum internal temperature of 145 degrees is reached.



Dress the Salad

In a mixing bowl, combine **lemon zest** (reserving some for garnish) **tomatoes**, **cucumber** and **dressing**. Mix until vegetables are coated. Season with a pinch of **salt** and **pepper**.



Plate the Dish

Place a piece of **fish** in the middle of the plate. Spoon **chermoula sauce** over fish. Lay **dressed salad** next to fish and garnish with remaining **lemon zest** and **green onion**.