











Dukkah-Crusted Cod

with Cranberry Couscous and Roasted Veggies

For 2 people, 580 cal per serving

We like to think of dukkah (DOO-kah) as the secret ingredient that makes anything better. A few shakes of this versatile blend of nuts, seeds, and spices is enough to add instant flavor and crunch to just about everything. Here, we're using it to coat cod fillets, which go from plain to perky with its magic touch. Cranberry-studded couscous and roasted tomatoes on the side keep things lively, too, with their bursts of juicy tartness.



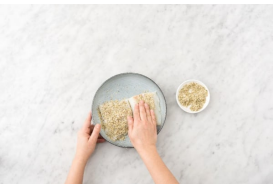
 12 ounces Cod Fillets	 2 tablespoons Dukkah	 ½ cup Couscous	 1 Roma Tomato
 8 ounces Brussels Sprouts	 ¼ ounce Parsley	 1 Lemon	 1 Vegetable Stock Concentrate
 1 ounce Dried Cranberries	 1 Olive Oil		



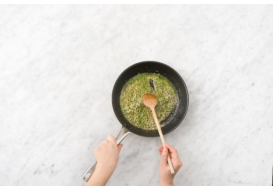
Wash and dry all produce. Preheat oven to 425 degrees. Trim Brussels sprouts, then halve lengthwise through stem. Cut tomato into 6 wedges. Toss veggies on a baking sheet with a large drizzle of olive oil. Season with salt and pepper. TIP: Arrange Brussels sprouts on sheet cut-side down to help them crisp.



Roast veggies in oven until Brussels sprouts are crisp and tomatoes are soft, 20-25 minutes. Meanwhile, bring 1 cup water and stock concentrate to a boil in a small pot. Once boiling, stir in couscous and cranberries. Cover and remove from heat.



Pat cod dry with a paper towel. Brush with a drizzle of olive oil, then season with salt and pepper. Pat a layer of dukkah on top of each fillet, pressing gently to adhere. With about 12 minutes to go on veggies, remove baking sheet from oven and place cod on same sheet (scoot veggies to make room).



Return sheet to oven and continue roasting until veggies are done and fish is flaky and opaque, 10-12 minutes more. Meanwhile, finely chop parsley. Cut lemon into halves. Melt butter in a small pan over medium heat. Squeeze in juice from one lemon half, then stir in half the parsley. Season with salt and pepper. Remove from heat.



Fluff couscous with a fork, then stir in remaining parsley and a big squeeze of lemon juice (more or less to taste). Season to taste with salt and pepper.



Divide couscous between plates. Top with cod fillets. Spoon sauce over cod. Serve with Brussels sprouts and tomatoes on the side.