



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Coriander

The whole coriander plant is edible!  
You either love or hate coriander;  
some people describe it as leaving  
a 'soapy taste' in their mouth.  
The reason for the unpleasant taste  
comes down to genetics!



## A4 Moroccan Fish Tagine with Pearl Couscous

A flavourful fish stew with orange, turmeric and cumin simmered together with sweet potato and zucchini, all served on a bed of pearl couscous.

 25 minutes

 4 servings

 Fish

22 April 2022

## Switch the veg!

*You can customise the veggies in this stew if you like! Capsicum, cherry tomatoes, squash and broccoli work well. If you don't like coriander, you can use fresh mint, chives or parsley to garnish the dish.*

## FROM YOUR BOX

PEARL COUSCOUS	300g
BROWN ONION	1
SWEET POTATO	400g
ZUCCHINI	1
MOROCCAN SPICE MIX	1 sachet
ORANGE	1
WHITE FISH FILLETS	2 packets
CORIANDER	1 packet

## FROM YOUR PANTRY

olive oil, salt, pepper, stock cube (1)

## KEY UTENSILS

large frypan with lid, saucepan

## NOTES

We used a chicken stock cube for this dish, you could use a vegetable stock cube, liquid stock, or some stock paste instead.

For added depth of flavour you can add 1 tsp orange zest to the tagine.

**No gluten option – pearl couscous is replaced with white quinoa.** Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 10-15 minutes or until tender. Drain and rinse.



### 1. COOK THE COUSCOUS

Bring a saucepan of water to the boil. Add pearl couscous and cook for 8 minutes or until tender but still firm. Drain and rinse.



### 2. SAUTÉ THE VEGETABLES

Heat a frypan over medium heat with **2 tbsp olive oil**. Slice onion. Dice sweet potato (2-3cm) and zucchini. Add to pan along with Moroccan spice mix. Cook for 5 minutes until fragrant (add more **olive oil** if needed).



### 3. SIMMER THE TAGINE

Crumble in **stock cube**. Add orange juice along with **2 cups water** (see notes). Stir to combine. Increase heat to medium-high, cover and simmer for 10 minutes.



### 4. ADD THE FISH

Rinse fish and cut into bite size pieces. Add to broth and simmer for 5 minutes or until cooked through. Season tagine with **salt and pepper** to taste.



### 5. FINISH AND SERVE

Serve fish tagine with pearl couscous. Garnish with chopped coriander.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

