



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Couscous

Couscous is made from semolina flour mixed with water. It has been steamed twice and then dried, so all you have to do is plump it up with boiling water. It works great with stews or tossed through a salad.



## A4 Moroccan Fish with Couscous

Fluffy tomato couscous with currants, lemon zest and Moroccan seasoning, topped with green beans and pan cooked fish fillets, and finished with a dollop of yoghurt.

 25 minutes

 4 servings

 Fish

28 January 2022

## Spice it up!

*You can add toasted nuts to garnish this dish. Toasted almond flakes, pistachios or pine nuts work well! If you have any fresh herbs such as dill or parsley, you could also add it as a garnish.*

## FROM YOUR BOX

COUSCOUS/CURRENT MIX	1 packet (220g)
MOROCCAN SPICE MIX	1 packet (20g)
LEMON	1
TOMATOES	2
GREEN BEANS	1 bag (250g)
WHITE FISH FILLETS	2 packets
NATURAL YOGHURT	1 tub (200g)

## FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt, pepper, honey

## KEY UTENSILS

kettle, 2 frypans

## NOTES

You can add some crushed garlic to the yoghurt dollop if you have some.

**No gluten option – couscous is replaced with quinoa/currant mix.** Place quinoa mix and 1/2 Moroccan spice mix 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.

Add 1 tsp Moroccan spice mix to the tomatoes and use remaining spice mix on fish.



### 1. COOK THE COUSCOUS

Boil **2 cups water** in kettle. Place couscous/currant mix, **1 tbsp butter** and 1/2 Moroccan spice mix into a bowl. Pour over **1 1/2 cups hot water** from kettle. Cover and allow to sit for 5 minutes, then fluff with a fork.



### 2. PREPARE THE TOMATOES

Meanwhile, whisk together 1/2 lemon zest and juice (wedge remaining) with **3 tsp honey** and **1 tbsp olive oil** in a large bowl. Chop tomatoes and add to bowl.



### 3. COOK THE BEANS

Trim and halve beans. Add to a frypan over medium heat with **1/2 cup water**. Cook for 4–6 minutes until tender.



### 4. COOK THE FISH

Meanwhile, coat fish with remaining Moroccan spice mix, **salt and pepper**. Heat a second frypan over medium–high heat with **1/2 tbsp butter** and **1/2 tbsp olive oil**. Cook for 3–4 minutes each side or until cooked through.



### 5. TOSS THE COUSCOUS

Toss the cooked couscous with the tomatoes. Season with **salt and pepper** to taste.



### 6. FINISH AND SERVE

Divide couscous, fish and beans among plates. Serve with a dollop of yoghurt and lemon wedge.

**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**

