



Product Spotlight: Nectarines

Eating nectarines is a healthy way to include vitamins and minerals in your diet. Choose a firm nectarine for a nutritious snack, or serve them sliced with a drizzle of honey for a nutrient-packed dessert!



Spiced Fish with Pearl Couscous

Honey mustard dressed pearl couscous with sweet nectarines, crisp celery, roast capsicum strips and mesclun leaves, served with spiced fish fillets and finished with walnuts.



20 minutes



4/6 servings



Fish

Make a side dish!

The pearl couscous salad makes a delicious side dish, perfect for picnics or a BBQ! Add some feta cheese or grilled halloumi to bulk it out.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	17g	48g

FROM YOUR BOX

	4 PERSON	6 PERSON
PEARL COUSCOUS	300g	150g + 300g
HONEY SHOT	1	2
NECTARINES	2	3
CELERY STICKS	2	3
ROASTED PEPPERS	1 jar	1 jar
MESCLUN LEAVES	1 bag	2 bags
WALNUTS	2 x 20g	2 x 20g
WHITE FISH FILLETS	2 packets	3 packets

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, seeded mustard, red wine vinegar, ground coriander

KEY UTENSILS

large frypan, saucepan

NOTES

You can use ground cumin, sweet paprika or a dried herb of choice to coat the fish if preferred.

If you don't have seeded mustard you can use another mustard such as dijon.

No gluten option – pearl couscous is replaced with GF pasta. Cook pasta in boiling water according to packet instructions or until al dente.



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1. COOK THE COUSCOUS

Bring a saucepan with water to a boil. Add **pearl couscous** and cook for 8 minutes or until tender but still firm. Drain and rinse in cold water.



2. PREPARE THE DRESSING

Whisk together **honey**, **1 tbsp seeded mustard**, **1 tbsp vinegar** and **2 tbsp olive oil** in a bowl. Set aside.

6P – Whisk together **honey**, **2 tbsp seeded mustard**, **2 tbsp vinegar** and **4 tbsp olive oil**.



3. PREPARE THE SALAD

Slice **nectarines** and **celery**. Drain **roasted peppers**. Set aside in a large bowl with **mesclun leaves**.



4. TOAST THE WALNUTS

Chop **walnuts** and add to a dry frypan over medium-high heat. Toast for 2-3 minutes until golden. Set aside and keep pan on heat.



5. COOK THE FISH

Coat **fish fillets** with **2 tsp ground coriander**, **oil**, **salt** and **pepper** (see notes). Cook in pan for 3-4 minutes each side or until cooked through.

6P – use **3 tsp ground coriander**.



6. FINISH AND SERVE

Toss **salad** with **pearl couscous** and **dressing**. Serve alongside **fish** and garnish with **walnuts**.

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