



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Millet

Millet is gluten-free and rich in protein and fibre. It contains large amounts of polyphenols which act as antioxidants and may help prevent heart disease, cancers and diabetes.



E4 Tunisian-Style Fish Stew with Millet

An unctuous Tunisian-style fish stew loaded with veggies, flavoured with harissa paste and served with millet.

 30 minutes

 4 servings

 Fish

12 August 2022

Spice it up!

To add some extra flavours to your stew you can try a small amount of preserved lemon, lemon zest and juice, a few teaspoons of sumac, dried chilli flakes and some fresh herbs.

Per serve: **PROTEIN** 30g **TOTAL FAT** 24g **CARBOHYDRATES** 66g

FROM YOUR BOX

MILLET	1 packet (200g)
BROWN ONION	1
TOMATOES	2
HARISSA PASTE	2 sachets
SWEET POTATO	300g
ZUCCHINI	1
WHITE FISH FILLETS	2 packets
OLIVES	1 jar

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 1 garlic clove, 1 stock cube

KEY UTENSILS

saucepan, large frypan

NOTES

Rinse fish fillets with cold water.

Serve with dollops of natural yoghurt and fresh herbs such as parsley, mint or coriander.



1. COOK THE MILLET

Place millet in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



2. SAUTÉ THE AROMATICS

Heat a large frypan over medium–high heat with **oil**. Slice onion and **crush garlic**. Add to pan as you go and sauté for 3 minutes. Dice tomatoes. Add to pan along with harissa paste. Sauté for a further 2 minutes.



3. SIMMER THE STEW

Dice sweet potato. Add to frypan. Crumble in **stock cube** and pour in **1 L water**. Simmer, covered, for 15 minutes.



4. ADD THE FISH

Grate zucchini. Cut fish fillets into chunks (see notes). Add to stew and cook, covered, for a further 5 minutes. Drain and rinse olives. Add to stew along with **3 tbsp olive oil**. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Serve millet and stew family-style at the table (see notes).

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

