



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Pearl Couscous

Pearl couscous is a type of pasta shaped into small balls. It's delicious both hot and cold, and goes well with this recipe's fragrant orange dressing.



## 1 Golden Fish with Orange Cashew Couscous Salad

Perfectly aromatic orange pearl couscous salad featuring charred corn kernels & crunchy cashews. Served with fresh WA-caught white fish fillets seasoned with cumin & paprika.

 30 minutes

 2 servings

 Fish

12 October 2020

### *Cooking for fussy eaters?*

*Leave the fish plain (only seasoned with salt & pepper) for fussy eaters. Keep all salad components separate, toss couscous with half the dressing and serve the other half as-is.*

## FROM YOUR BOX

PEARL COUSCOUS	150g
ORANGE	1
CARROT	1
SUGAR SNAP PEAS	1/2 packet (75g) *
ROASTED SALTED CASHEWS	1/2 packet (50g) *
RED ONION	1/2 *
CORN COB	1
WHITE FISH FILLETS	1 packet
PARSLEY	1/2 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive + oil (for cooking), salt, pepper, ground paprika, ground cumin, red wine vinegar

## KEY UTENSILS

frypan, saucepan

## NOTES

**No fish option** – white fish fillets are replaced with **chicken schnitzels**. Increase cooking time to 4–5 minutes on each side or until cooked through.

**No gluten option** – pearl couscous is replaced with **brown rice**. Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes or until tender. Drain and rinse.



### 1. COOK THE COUSCOUS

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



### 2. MAKE THE DRESSING

Zest and juice 1/2 orange, whisk together in a large bowl with **1 1/2 tbsp olive oil**, **1/2 tbsp vinegar**, **salt and pepper**.



### 3. PREPARE THE SALAD

Grate or julienne carrot, slice sugar snap peas and remaining orange. Roughly chop cashews and place into bowl with dressing.

Slice onion and remove corn kernels.



### 4. COOK ONION & CORN

Heat a frypan with **oil** over high heat. Cook onion, corn and **1/2 tsp cumin** for 4–5 minutes, or until tender and lightly charred. Add to dressing bowl. Stir together and season with **salt and pepper**. Keep frypan.



### 5. COOK THE FISH

Rub fish with **oil**, **1/2 tsp cumin**, **1/2 tsp paprika**, **salt and pepper**. Cook in pan for 3–4 minutes each side or until cooked through.



### 6. FINISH AND PLATE

Roughly chop parsley.

Serve fish with couscous salad and sprinkle with parsley.

**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**

