



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.

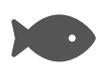


1 Golden Fish with Orange Cashew Couscous Salad

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.

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