



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Pumpkin

The orange colour of pumpkins comes from pigments called *carotenoids*. Besides giving pumpkins a beautiful look, they also promote a healthy immune system!



1 Lemon Fish with Maple Roasted Pumpkin

Sweet, tender roasted pumpkin accompanying fresh, lemony fish fillets and a crunchy salad with colourful cherry tomatoes.



30 minutes



4 servings



Fish

16 April 2021

Picky eaters?

You can keep all the dressing for serving rather than tossing through the salad in step 3. Or, keep all veggies separate cut into halves or wedges.

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
RED ONION	1/2 *
LEMON	1
GREEN CAPSICUM	1
SNOW PEAS	1/2 bag (125g) *
MEDLEY CHERRY TOMATOES	1/2 punnet (200g) *
BASIL	1/2 packet *
WHITE FISH FILLETS	2 packets

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, maple syrup (see notes), smoked paprika

KEY UTENSILS

frypan, oven tray

NOTES

If you don't have any maple syrup, use any other type of syrup, honey, or brown sugar instead.

Instead of keeping the tomatoes and capsicum fresh, you can roast them on the tray with the pumpkin.

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.



1. COOK THE PUMPKIN

Set oven to 200°C.

Slice pumpkin into wedges (see notes). Toss on a lined oven tray with wedged onion, **1 tbsp maple syrup** and **1/2 tbsp smoked paprika**. Roast for 15 minutes or until golden and tender.



4. COOK THE FISH

Heat a frypan with **oil/butter** over medium-high heat. Rub fish with lemon zest, **salt and pepper**. Cook for 3-4 minutes each side or until cooked through.



2. MAKE THE DRESSING

Zest lemon and leave to the side. Juice lemon and whisk together with **3 tbsp olive oil**, **1/2 tbsp maple syrup**, **salt and pepper**.



3. TOSS THE SALAD

Chop capsicum and snow peas, halve or quarter tomatoes and chop basil. Toss with half the dressing.



5. FINISH AND PLATE

Serve pumpkin and salad onto plates and top with the fish and remaining dressing on the side.

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**

