



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Pearl Couscous

Pearl couscous (also known as Israeli couscous) are big balls of pasta. It's believed to have been invented in Israel in the 1950s when rice was scarce.



1 Moroccan Fish Stew with Pearl Couscous

Wholesome fish stew with mild Moroccan flavours and tender veggies on a bed of lemony pearl couscous

 30 minutes

 4 servings

 Fish

22 March 2021

No-stew option

Instead of making a stew, toss wedged onion, diced pumpkin & sliced capsicum in oil and spice mix, roast in a 220°C oven for 20 mins or until tender. Boil the couscous as per the recipe. Fry whole fish fillets in a frypan or bake in the oven for 10 minutes above the vegetables.

FROM YOUR BOX

BROWN ONION	1/2 *
MOROCCAN SPICE MIX	1 packet (30g)
RED CAPSICUM	1
DICED PUMPKIN	300g
CHOPPED TOMATOES	400g
PEARL COUSCOUS	300g
LEMON	1
WHITE FISH FILLETS	2 packets
ENGLISH SPINACH	1 bunch
CHIVES	1/3 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

No fish option - white fish fillets are replaced with **diced chicken breast fillet**. Add chicken to pan in step 1 with the spice mix.

No gluten option - 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 ONION

Heat a large frypan with **2 tbsp oil** over medium-high heat. Slice and add onion. Cook for 3 minutes. Add spice mix and cook for a further 2 minutes.



2. ADD THE VEGETABLES

Bring a saucepan with water to the boil for step 3.

Slice and add capsicum to frypan with diced pumpkin, chopped tomatoes and **1 tin water**. Cover and simmer for 15 minutes.



3. COOK THE COUSCOUS

Add pearl couscous to saucepan with boiling water and cook for 8 minutes or until tender but still firm. Drain, rinse and toss with 1 tsp lemon zest, **1 tbsp butter/oil, salt and pepper**.



4. ADD FISH AND SPINACH

Cut fish into bite-sized pieces. Wash and roughly chop spinach. Add to frypan and mix well. Cover and cook for a further 5-8 minutes or until fish is cooked through. Season to taste with **salt and pepper**.



5. FINISH AND PLATE

Chop chives and wedge lemon.

Divide couscous among bowls and ladle over fish stew. Top with chives and a lemon wedge.

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

