



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: LUPIN FLAKES

We love lupin flakes as they are a rich source of protein and fibre! They are also gluten free and low in carbohydrates.



# 1. FISH TAGINE

WITH LUPIN

 35 Minutes

 2 Servings

All the flavours of a delicious Moroccan tagine without the fuss! White fish cooked in an orange chermoula sauce and served on a bed of lupin.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
59g	52g	23g

25 May 2020

## FROM YOUR BOX

LUPIN FLAKES	1 tub (100g)
FETA CHEESE	1/2 packet (100g) *
RED ONION	1/4 *
PARSLEY	1/2 bunch *
ORANGE	1
CARROT	1
ZUCCHINI	1/2 *
CHERRY TOMATOES	1 bag (200g)
WHITE FISH FILLETS	1 packet
ALMONDS	1/2 packet (20g) *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

butter, olive oil, salt, pepper, ground cumin, smoked (or ground) paprika, ground allspice, red wine vinegar

## KEY UTENSILS

saucepan, stick mixer or blender, frypan with lid

## NOTES

It's important to squeeze out as much liquid as possible from the lupin for a fluffy result.

Grate the carrot for a quicker cooking time if preferred.

**No fish option - white fish fillets are replaced with diced chicken breast.** Add to pan in step 3 along with vegetables.



### 1. COOK THE LUPIN

Bring a saucepan of water to boil. Add lupin to cook for 3 minutes. Strain, rinse and squeeze out excess water using a sieve (see notes). Fluff with a fork and return to pan. Stir through **1/2 tbsp butter** and crumble in feta cheese.



### 2. MAKE THE CHERMOULA PASTE

Roughly chop onion and 1/2 the parsley. Zest and juice orange. Blend together using a stick mixer or blender with **1 tbsp cumin, 1 tsp allspice, 2 tsp paprika, 1 tbsp vinegar** and **1/4 cup olive oil** into a smooth paste.



### 3. COOK THE VEGETABLES

Heat a frypan over medium-high heat with **olive oil**. Slice carrot and zucchini into crescents (see notes). Add to pan as you go. Halve and add tomatoes.



### 4. SIMMER THE SAUCE

Stir prepared paste into pan along with **1/4 cup water**. Simmer, covered, for 10 minutes.



### 5. ADD THE FISH

Dice fish fillets and add to pan. Cook for further 3 minutes or until cooked through. Season with **salt and pepper** to taste.



### 6. FINISH AND PLATE

Divide lupin and fish tagine among shallow bowls. Garnish with chopped almonds and remaining parsley.