




Product Spotlight: Curry Powder


Curry powder originates in India and is usually made with turmeric, paprika, chilli, cumin and coriander. Mixes vary in spiciness, so make sure yours isn't too hot before adding in step 1! You can also replace it with a spice of choice.



1 Fish and Curried Pumpkin with Cucumber Mint Raita

This dish is rich in flavours, scents and textures; savoury curry, fresh mint, tender pumpkin and sweet, crunchy apple. Why not talk about the many sensory experiences over the dinner table?

 30 minutes

 4 servings

 Fish

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Quicker options

Instead of making the raita, you can keep the cucumber on the side, cut into sticks with the apple and snow peas. You can bake the fish for the last 10 minutes with the veggies for a less hands-on approach.

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
RED ONION	1/2 *
CHERRY TOMATOES	1 bag (200g)
CONTINENTAL CUCUMBER	1/2 *
MINT	1 packet
NATURAL YOGHURT	1 tub (200g)
SNOW PEAS	1/2 bag (125g) *
RED APPLE	1
WHITE FISH FILLETS	2 packets

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil (for cooking), salt, pepper, curry powder, ground cumin

KEY UTENSILS

oven tray, frypan

NOTES

For extra flavour, texture and nutrients, we kept the skin on the pumpkin, but you can of course peel it if you prefer!

If grating the cucumber, you can remove excess water by placing it in a clean tea towel and squeezing.

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 VEGETABLES

Set oven to 220°C.

Halve pumpkin lengthways, deseed, and cut into 2 cm slices (see notes). Slice onion and halve cherry tomatoes. Toss all on a lined oven tray with **oil, 2 tsp curry powder and salt**. Bake for 20 minutes or until tender.



4. COOK THE FISH

Rub fish with **1 tsp cumin, salt and pepper**. Heat a frypan with **oil** over medium-high heat. Cook fish for 3-4 minutes each side or until cooked through.



2. MAKE THE RAITA

Deseed and dice cucumber (or grate, see notes) and chop about 2 tbsp mint. Mix in a bowl with yoghurt, **1 tbsp olive oil, salt and pepper**.



3. PREPARE THE FRESH SIDE

Thinly slice snow peas and apple. Toss in a bowl with **1 tbsp olive oil, salt and pepper** (optional).



5. FINISH AND PLATE

Divide curried vegetables among plates. Serve with fish, fresh vegetables and raita.

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

