

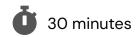


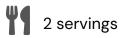


# **Cumin Fish**

# with Harissa Tray Bake

White fish fillets cooked in ground cumin and served with hearty vegetables baked in harissa paste and fresh mesclun leaves.







# Switch it up!

Use the sweet potato to make mash! Sauté remaining vegetables in a frypan and coat fish with harissa paste.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

27g 11g

11g

53g

## FROM YOUR BOX

SWEET POTATOES	400g
RED OR YELLOW CAPSICUM	1
RED ONION	1
HARISSA PASTE	1 sachet
WHITE FISH FILLETS	1 packet
MESCLUN LEAVES	1 bag

#### **FROM YOUR PANTRY**

oil for cooking, salt, pepper, ground cumin

### **KEY UTENSILS**

large frypan, oven tray

#### **NOTES**

Instead of coating the fish in ground cumin, try ground coriander, sumac or a Moroccan spice mix if you have one.

Dress mesclun leaves with olive oil, vinegar or lemon juice if desired.



## 1. PREPARE THE VEGETABLES

Set oven to 220°C.

Cut sweet potato into rounds. Slice capsicum and wedge onion. Add to a lined oven tray as you go.



# 2. TOSS WITH THE HARISSA

Toss vegetables with **oil**, harissa paste, **salt and pepper**. Roast for 20-25 minutes until tender.



# 3. COOK THE FISH

Heat a frypan over medium-high heat. Coat fish with oil, 1 tsp cumin (see notes), salt and pepper. Add to pan and cook for 2-4 minutes each side until cooked through.



# 4. FINISH AND SERVE

Serve fish fillets with harissa roasted vegetables and fresh mesclun leaves (see notes).



