



Product Spotlight: Pepitas

Pepitas are the hulled seeds of pumpkin, packed with zinc, magnesium, and healthy fats. Toasting them in a dry pan takes just a couple of minutes and brings out a wonderful nutty depth of flavour.



Smoky Fish

with Roasted Pumpkin & Pepitas

Smoky pan-fried white fish fillets, served over a lemony buckwheat salad with roasted pumpkin and baby spinach, topped with toasted pepitas and a drizzle of creamy sriracha mayo.



35 minutes



Fish



2 servings

Jazz it up!

Crumble over some feta or goat's cheese for a creamy, salty contrast. Add finely chopped herbs like parsley or dill to the buckwheat at the end for a lovely fresh element!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	30g	48g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
BUCKWHEAT	100g
PEPITAS	40g
WHITE FISH FILLETS	1 packet
LEMON	1
GARLIC CLOVE	1
BABY SPINACH	120g
SRIRACHA MAYO	1 sachet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika

KEY UTENSILS

frypan, saucepan, oven tray

NOTES

We leave the skin on the pumpkin to speed up preparation time and for the added nutrients, it becomes deliciously tender after roasting!



1. ROAST THE PUMPKIN

Set oven to 220°C.

Cut **pumpkin** (use to taste) in half lengthways. Deseed and cut into 1cm slices (see notes). Toss with **1 tbsp oil, salt and pepper** on a lined oven tray. Roast for 20 minutes until golden and tender.



2. COOK THE BUCKWHEAT

Place **buckwheat** in a saucepan and cover with water. Bring to the boil and cook for 10–15 minutes until tender. Drain and rinse.



3. TOAST THE PEPITAS

Heat a frypan over medium-high heat. Add **pepitas** and toast in dry pan for 1–2 minutes, or until golden. Remove and reserve pan.



4. COOK THE FISH

Season **fish** with **1 tsp smoked paprika, salt and pepper**. Reheat pan over medium-high heat with **oil**. Add **fish** and cook for 2–4 minutes on each side, or until cooked through.



5. TOSS THE BUCKWHEAT

Crush **garlic**, add to a large bowl along with **lemon zest & juice, 2 tbsp olive oil, salt and pepper**. Add **buckwheat** and **baby spinach**, and toss to dress **buckwheat**. Add **pumpkin** and gently mix to combine.



6. FINISH AND SERVE

Divide **tossed buckwheat** among shallow bowls. Serve with **smoky fish** and **sriracha mayo**. Garnish with **toasted pepitas**.



Scan the QR code to
submit a Google review!

How did the cooking go? Share your thoughts via **My Recipes** tab in your **Profile** and leave a review.
Something not right? Text us on **0440 132 826** or email **hello@dinnertwist.com.au**

