



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6 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
	38g	29g	48g

FROM YOUR BOX

	4 PERSON	6 PERSON
BUTTERNUT PUMPKIN	1	1
BUCKWHEAT	200g	200g + 100g
PEPITAS	40g	2 x 40g
WHITE FISH FILLETS	2 packets	3 packets
LEMON	1	2
GARLIC CLOVE	1	2
BABY SPINACH	120g	120g
SRIRACHA MAYO	2 sachets	2 sachets

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** 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 **2 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

Mix crushed **garlic, lemon zest and juice, 3 tbsp olive oil, salt and pepper** in a large bowl. Toss in **buckwheat, baby spinach, and pumpkin**.

6P – add **4 tbsp olive oil, zest from 1 lemon and juice from 2 lemons**.



6. FINISH AND SERVE

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



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