



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Pearl couscous

Pearl couscous — also known as Israeli couscous — are made from semolina flour and are perfect served with a stew like this one!



1 Moroccan Fish With Pearl Couscous

Warming, flavourful, and full of colour; this Moroccan-style fish stew with chewy pearl couscous is a family favourite not to miss.



30 minutes



4 servings



Fish

8 June 2020

Mix it up!

Moroccan cuisine is packed with warm flavours. If you're in the mood for some kitchen experiments, don't be afraid to add a little grated ginger, or a pinch of saffron, nutmeg, caraway, cloves or cayenne!

FROM YOUR BOX

PEARL COUSCOUS	300g
RED ONION	1/2 *
TOMATOES	3
YELLOW CAPSICUM	1
DICED PUMPKIN	500g
MOROCCAN SPICE MIX	1 packet (30g)
SULTANAS	1 packet (40g)
PARSLEY	1/3 bunch *
SNOW PEAS	1/2 packet (125g) *
WHITE FISH FILLETS	2 packets
YOGHURT	1 tub (200g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil/butter + oil (for cooking), salt, pepper, stock cube (of choice)

KEY UTENSILS

large frypan/saucepan, saucepan

NOTES

If you'd prefer the snow peas cooked, add them with the fish in step 5 instead.

No fish option – white fish fillets are replaced with diced chicken breast fillet. Add to pan with pumpkin at step 2 and increase cook time at step 3 to 12–15 minutes.

No gluten option – pearl couscous is replaced with basmati rice. Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, simmer for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



1. COOK THE COUSCOUS

Bring a saucepan of water to the boil, add couscous, and cook for 8 minutes or until al dente. Drain and return to pan, stir through **1 tbsp olive oil/butter**.



2. SAUTÉ THE VEGETABLES

Heat a large pan with **oil** over medium-high heat. Slice and add onion, cook for 3–4 minutes. Dice tomatoes and capsicum, adding to pan as you go with pumpkin and spice mix. Cook for further 2 minutes.



3. SIMMER THE VEGETABLES

Stir in **1 1/2 cups water**, **crumbled stock cube** and sultanas. Cover and simmer for 8 minutes or until pumpkin is almost tender.



4. PREPARE THE TOPPINGS

Roughly chop parsley. Trim and slice snow peas (see notes). Keep aside on a plate for serving.



5. ADD THE FISH

Dice the fish and add to pan. Stir through and cook for further 3–4 minutes or until fish is cooked through. Season with **salt and pepper**.



6. FINISH AND PLATE

Divide couscous between bowls and top with fish stew, snow peas and a dollop of yoghurt.

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

