



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Dukkah

Dukkah is traditionally an Egyptian condiment consisting of herbs, nuts, and spices.

R2

## Dukkah Fish Fillets

with Harissa Yoghurt and Pickled Shallot

Fish fillets coated in dukkah and served over sorghum with fresh vegetables, sprouts, pickled shallot and fragrant harissa yoghurt.



25 minutes



2 servings



Fish

16 December 2022

## Spice it up!

Add some chilli powder to the dukkah or harissa yoghurt to spice this dish up. The spice level of the harissa paste is otherwise mild.

Per serve: **PROTEIN** 52g **TOTAL FAT** 19g **CARBOHYDRATES** 49g

## FROM YOUR BOX

SORGHUM	1 packet (100g)
SHALLOT	1
WHITE FISH FILLETS	1 packet
DUKKAH	1 packet (20g)
CARROT	1
RED CAPSICUM	1
HEALTHY TRIO SPROUTS	1 punnet
HARISSA PASTE	1 sachet
NATURAL YOGHURT	1 tub (200g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, red wine vinegar

## KEY UTENSILS

frypan, saucepan

## NOTES

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste.



### 1. COOK THE SORGHUM

Place sorghum in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse under cold water.



### 2. PICKLE THE SHALLOT

In a non-metallic bowl whisk together **1/4 cup vinegar**, **2 tbsp water** and **1 tsp salt** (see notes). Thinly slice shallot and add to bowl.



### 3. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Coat fish in **oil, salt and pepper**. Press dukkah onto one side of fish. Cook (non-dukka side down first) for 2–4 minutes each side until cooked through.



### 4. PREPARE FRESH ELEMENTS

Grate carrot and chop capsicum. Pull apart sprouts.

Add harissa and yoghurt to a bowl. Stir to combine.



### 5. TOSS THE SORGHUM

Return sorghum to pan. Pour pickling liquid from shallot over the sorghum (reserve pickled shallots). Season with **pepper** and toss to combine.



### 6. FINISH AND SERVE

Divide sorghum among bowls. Top with fresh vegetables, dukkah fish and pickled shallots. Serve with harissa 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**

