



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Dukkah

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



R4

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



4 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** 37g **TOTAL FAT** 11g **CARBOHYDRATES** 29g

FROM YOUR BOX

SORGHUM	1 packet (200g)
SHALLOT	1
WHITE FISH FILLETS	2 packets
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

large 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**

