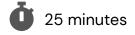




## Dukkah Fish Fillets

### 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.





4 servings



Fish

# 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.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

37g 11g

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-dukkah side down first) for 2-4minutes 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** 



