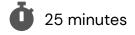




# **Moroccan Fish**

# with Couscous

Fish fillets cooked in a flavourful blend of orange and Moroccan spices from Turban Chopsticks and served with fluffy couscous tossed with oven-roasted vegetables and finished with parsley.





2 servings



# Make a parcel!

Combine the Moroccan spice mix with some butter and bake with the fish, zucchini and capsicum in a parcel! Serve with couscous and roast sweet potato chips.

PROTEIN TOTAL FAT CARBOHYDRATES 127g

#### FROM YOUR BOX

ZUCCHINI	1
RED CAPSICUM	1
SWEET POTATO	300g
COUSCOUS/CURRANTS	1 packet
ORANGE	1
MOROCCAN SPICE MIX	1 packet
WHITE FISH FILLETS	1 packet
PARSLEY	1 packet

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin

#### **KEY UTENSILS**

large frypan, oven tray, kettle

#### **NOTES**

You can use less of the spice mix if you prefer milder flavours.

No gluten option - couscous/currants is replaced with quinoa/currants. Place quinoa/currants in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10-15 minutes or until tender. Drain and rinse. Drain quinoa for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.





### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice zucchini, capsicum and sweet potato. Toss on a lined oven tray with **oil**, **1 tsp cumin**, **salt and pepper**. Roast for 20 minutes or until sweet potato is tender.



#### 2. COOK THE COUSCOUS

Boil the kettle.

Place couscous and currants in a heatproof bowl with 1/2 orange zest and a pinch of salt. Pour over 3/4 cup hot water from kettle. Cover and set aside.



#### 3. COOK THE FISH

Heat a frypan with oil over medium-high heat. Combine 1/2 Moroccan spice mix with oil, salt and pepper make a paste (see notes). Use to coat fish. Add to pan and cook for 2 minutes each side.



#### 4. SIMMER THE SAUCE

Squeeze in orange juice and pour in **1/4 cup water**. Reduce heat to mediumlow and simmer for 5 minutes.



## 5. TOSS THE COUSCOUS

Stir couscous with a fork to separate the grains. Add to tray with vegetables and combine well. Season with **salt and pepper** to taste.



#### 6. FINISH AND SERVE

Serve fish fillets and sauce with veggie couscous. Top with chopped parsley.

**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** 



