

**Product Spotlight:**  
**Pine nuts**

Crunchy and buttery in texture, pine nuts are a good source of nutrients, essential minerals, vitamins and heart-friendly monounsaturated fats.



## Cumin Fish

### with Honey Beetroot Salad

Cumin-spiced fish fillets with a rainbow roast sweet potato and beetroot salad finished with avocado, pine nuts and a honey dressing.



35 minutes



4 servings



Fish

30 December 2022

## Change the flavours!

*You can season the fish with lemon zest and dried herbs instead of ground cumin if preferred! Harissa paste or curry paste also works well for adding flavour.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g	20g	47g



## FROM YOUR BOX

SWEET POTATOES	800g
BETROOTS	2
GEM LETTUCE	3-pack
AVOCADO	1
HONEY SHOTS	2
PINE NUTS	1 packet
WHITE FISH FILLETS	2 packets

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, apple cider vinegar, ground cumin, dried thyme

## KEY UTENSILS

large frypan, oven tray

## NOTES

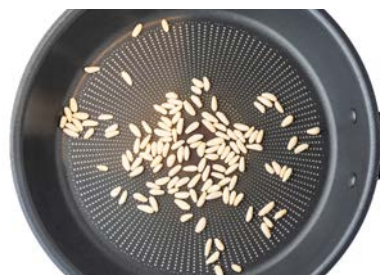
Rinse the fish fillets and pat dry before cooking. This will help remove any loose scales.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Scrub and dice sweet potatoes and beetroots. Toss on a lined oven tray with **2 tsp thyme, oil, salt and pepper**. Roast for 20-25 minutes until cooked through.



### 4. TOAST THE NUTS

Toast pine nuts in a dry frypan over medium-high heat for 3-4 minutes until golden. Remove and set aside. Keep pan on heat.



### 2. PREPARE THE SALAD

Separate and rinse lettuce leaves. Dice or slice avocado. Set aside.



### 3. PREPARE THE DRESSING

Whisk together honey, **2 tbsp vinegar** and **3 tbsp olive oil**. Season with **salt and pepper**.



### 5. COOK THE FISH

Coat fish with **1 tbsp cumin, oil, salt and pepper** (see notes). Cook in pan for 3-4 minutes each side or until cooked through.



### 6. FINISH AND SERVE

Arrange lettuce leaves on a serving plate. Top with roast vegetables and avocado. Sprinkle with pine nuts and spoon over dressing. Serve alongside fish.

**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**

