



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Butternut Pumpkin

Also known as butternut squash, butternut pumpkin is a type of winter squash that grows on a vine. It has a sweet, nutty taste similar to that of pumpkin!



## S4 Moroccan Fish with Roast Pumpkin & Pearl Couscous

A vibrant mix of herb roast pumpkin tossed with pearl couscous, orange, mint and flavourful harissa dressing, served alongside spiced white fish fillets. This dish is packed with fresh flavour!



35 minutes



4 servings



Fish

14 October 2022

## Add some extras!

*You can add some feta cheese or toasted almonds to garnish this dish. The pumpkin is also delicious roasted with some cumin seeds or honey if you want to switch up the flavours.*

## FROM YOUR BOX

|                    |                 |
|--------------------|-----------------|
| BUTTERNUT PUMPKIN  | 1               |
| RED ONION          | 1               |
| PEARL COUSCOUS     | 300g            |
| ORANGE             | 1               |
| MINT               | 1 packet        |
| SUGAR SNAP PEAS    | 1 packet (150g) |
| WHITE FISH FILLETS | 2 packets       |
| HARISSA PASTE      | 1 sachet        |

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander, red wine vinegar, dried thyme

## KEY UTENSILS

oven tray, saucepan, frypan

## NOTES

For extra flavour you can zest 1/2 the orange and toss it through the couscous in step 5.

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



### 1. ROAST THE PUMPKIN

Set oven to 220°C.

Dice pumpkin (2–3cm) and slice onion. Toss on a lined oven tray with **2 tsp dried thyme, oil, salt and pepper**. Roast for 20–25 minutes or until cooked through.



### 2. COOK THE COUSCOUS

Bring a saucepan with water to a boil. Add pearl couscous and cook for 8 minutes or until tender but still firm. Drain and rinse.



### 3. PREPARE THE COMPONENTS

Peel and dice orange (see notes), slice mint leaves. Trim and halve sugar snap peas. Add to a large salad bowl.



### 4. COOK THE FISH

Coat fish with **3 tsp ground coriander, oil, salt and pepper**. Heat a frypan over medium-high heat. Cook fish for 3–4 minutes each side.



### 5. TOSS THE COUSCOUS

Whisk together harissa paste, **1 tbsp vinegar** and **1 tbsp olive oil**. Toss with couscous, fresh components, roast pumpkin and onion. Season with **salt and pepper** to taste.



### 6. FINISH AND SERVE

Divide pumpkin and couscous among shallow bowls. Serve with 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**

