



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Catalano's Seafood


This family business has a true commitment to sustainable fishing which is not ruining the seabed. They also go out of their way to bring you the freshest catch around, with no chemicals added to their packs.



## 1 Fish Tagine

Vegetables and white fish fillets cooked in a signature spice blend from Exotic Bazaar, served with fresh parsley and yoghurt.

 30 mins

 2 servings

 Fish

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## Added extras!

Feel free to make this dish your own, add some olives, almonds or any extra vegetables you have in your fridge.

Per serve: **PROTEIN** 40g **TOTAL FAT** 10g **CARBOHYDRATES** 64g

## FROM YOUR BOX

ZUCCHINI	1
GREEN CAPSICUM	1
CAULIFLOWER	1/2 *
TAGINE SIMMER SAUCE	1 jar
WHITE FISH FILLETS	1 packet
PARSLEY	1/2 bunch *
YOGHURT	1/2 tub *
LEMON	1/2 *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper

## KEY UTENSILS

large frypan with lid

## NOTES

If you would like some extra flavours in this dish add 2 tsp ground turmeric and a pinch of saffron threads at step 2.

**No fish option – white fish fillets are replaced with chicken meatballs.** Add at the beginning of step two and increase cooking time to 8-12 minutes, or until meatballs are cooked through.



### 1. PREPARE VEGETABLES

Cut zucchini into rounds, slice capsicum and cut cauliflower into florets



### 2. SAUTÉ VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Add the vegetables and sauté for 3-5 minutes



### 3. ADD TAGINE SAUCE

Pour the tagine sauce and **1 jar water** into the frypan. Stir to combine and simmer, partially covered, for 8-10 minutes. Season with **salt and pepper**.



### 4. COOK THE FISH

Add fish into the pan. Push the whole fillets down so that they are submerged in the sauce. Cook covered for 5-8 minutes until fish is cooked through.



### 5. PREPARE TOPPINGS

Roughly chop the parsley, mix half in a bowl with the yoghurt (reserve remainder for garnish). Slice lemon into wedges.



### 6. FINISH AND PLATE

Evenly divide tagine among shallow bowls. Dollop over yoghurt, garnish with extra parsley, serve with lemon wedges.

**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](mailto:hello@dinnertwist.com.au)

