



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




## Product Spotlight: Harissa


Harissa is a hot, aromatic paste made up of chilli and assorted spices and herbs. It's widely used in North African and Middle Eastern cuisines to flavour stews, soups, cous cous or even as a dip.



## 1 Harissa Fish with Lentils

Fragrant harissa paste cooked with vegetables and lentils, served with white fish fillets.

 25 mins

 2 servings

 Fish

25 June 2021

## Cool it!

*Make a minty yoghurt dressing using your lemon, mint and yoghurt. Roughly chop the mint, add to bowl with 1/2 cup natural yoghurt, squeeze in juice of half the lemon, stir to combine. Drizzle over your finished dish.*

Per serve: **PROTEIN** 41g **TOTAL FAT** 28g **CARBOHYDRATES** 115g

## FROM YOUR BOX

GREEN BEANS	1 packet (150g)
LEEK	1/2 *
CHERRY TOMATOES	1/2 packet (100g) *
HARISSA PASTE	1 sachet
TINNED LENTILS	400g
SICILIAN OLIVES	1 jar
FISH FILLETS	1 packet
MINT	1/2 bunch *
LEMON	1/2 *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, honey (or sweetener of choice)

## KEY UTENSILS

2 large frypans

## NOTES

Harissa paste does pack some heat. If you prefer your spice level a bit milder, only use half the sachet and store the other half in the fridge to use another time.

**No fish option – fish fillets are replaced with chicken schnitzels.** Increase cooking time to 4–5 minutes on each side or until cooked through.



### 1. PREPARE VEGETABLES

Halve green beans, thinly slice leek, rinse tomatoes.



### 2. COOK THE VEGETABLES

Heat a frypan over medium–high heat with oil. Sauté leek for 2–3 minutes. Add the remaining vegetables and half the harissa paste (see notes) and cook, stirring, for 2–3 minutes.



### 3. ADD THE LENTILS

Pour in lentils (including the liquid) with **1/2 tin water (200ml)** and **2 tsp honey**. Season with **salt and pepper** and simmer, partially covered, for 5–8 minutes. Stir through Sicilian olives.



### 4. COOK THE FISH

Heat a second frypan over medium–high heat with oil. Coat fish in remaining harissa paste, **salt and pepper**. Cook for 3–4 minutes each side or until cooked through.



### 5. FINISH AND PLATE

Evenly divide vegetables among shallow bowls, top with fish and garnish with torn mint leaves and 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)

