



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Desiccated Coconut


Desiccated coconut is dried, shredded coconut. It contains no cholesterol or trans fats & is rich in fibre and essential nutrients including manganese, copper and selenium.



1 Coconut Crumbed Fish with Curried Pumpkin

Fish fillets coated in turmeric and desiccated coconut, served with curried vegetables, fresh topping and Turban Chopsticks Mango Chutney.

 30 mins

 2 servings

 Fish

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Skip the crumb!

Instead of crumbing your fish, you can cut it into small pieces and add into the curried vegetables. Toast your coconut in a dry frypan until golden and sprinkle over the curried fish and vegetables.

Per serve: **PROTEIN** 26g **TOTAL FAT** 20g **CARBOHYDRATES** 57g

FROM YOUR BOX

BROWN ONION	1/2 *
TOMATO	1
DICED PUMPKIN	400g
LEBANESE CUCUMBER	1
CORIANDER	1/2 packet *
DESICCATED COCONUT	1 packet
WHITE FISH FILLETS	1 packet
MANGO CHUTNEY	1 jar

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, garam masala, ground turmeric, apple cider vinegar

KEY UTENSILS

2 large frypans

NOTES

Cook fish in batches if necessary.

No fish option – white fish fillets are replaced with **chicken schnitzels**. Increase cooking time to 4–5 minutes each side.



1. COOK AROMATICS

Heat a frypan over medium–high heat with **oil**. Slice and add onion, **1 tsp garam masala and 1/2 tsp turmeric**. Cook, stirring, for 1–2 minutes.



2. COOK PUMPKIN

Wedge tomato and add to pan as you go along with pumpkin. Stir in **1/4–1/2 cup water**. Cover and cook for 10–12 minutes until pumpkin is tender. Season with **1/2 tbsp vinegar, salt and pepper**.



3. MAKE THE TOPPING

Dice cucumber and chop coriander.



4. COAT THE FISH

Spread the coconut onto a plate. Coat fish with **oil, 1 tsp turmeric, salt and pepper** then press into the coconut to crumb.



5. COOK THE FISH

Heat a second frypan over medium–high heat with **oil**. Cook fish for 3–5 minutes on each side until golden and cooked through (see notes).



6. FINISH AND PLATE

Spoon curried pumpkin into shallow bowls, top with fish and fresh toppings. Serve with mango chutney.

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

