



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### 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.



## 1 Cumin Fish with Jewelled Rice

Nutty brown rice is cooked in rich spices and saffron with vegetables, pine nuts and cranberries served with white fish fillets pan fried with ground cumin.

 35 mins

 4 servings

 Fish

23 April 2021

## Switch it up!

*If you have some extra time up your sleeves (and an oven-safe dish) you could bake the rice instead of cooking it on the stove top. Set your oven to 220°C, once you stir through the water, pop it in the oven for 45 minutes.*

Per serve: **PROTEIN** 26g **TOTAL FAT** 16g **CARBOHYDRATES** 28g



## FROM YOUR BOX

RED ONION	1/2 *
ZUCCHINIS	2
CARROT	1
SAFFRON THREADS	1 packet
BROWN RICE	300g
CRANBERRIES+PINENUTS	1 packet
WHITE FISH FILLETS	2 packets
PARSLEY	1/2 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, salt and pepper, 1 garlic clove, ground cumin, ground cardamom

## KEY UTENSILS

large frypan, saucepan with lid, kettle

## NOTES

Instead of water, you could use fish or vegetable stock to cook the rice for a richer flavour.

Instead of serving the fish on top of the rice, you could flake it and fold it through the rice.

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



### 1. PREPARE VEGETABLES

Boil kettle (see step 4).

Dice the onion, grate zucchini and carrot.



### 2. COOK VEGETABLES

Heat a large saucepan over medium-high heat with **2tbsp oil**. Add prepared vegetables with **crushed garlic clove**, **1 tbsp cumin**, **1/2 tsp cardamom**, and saffron threads, cook for 4-6 minutes.



### 3. TOAST RICE

Add rice to saucepan to toast for 2-3 minutes.



### 4. COOK THE RICE

Add **2 1/2 cups water** from kettle (see notes), stir through cranberry and pine nut mix and season with **salt and pepper**. Simmer with lid on for 15 minutes, remove lid and simmer for 10 minutes.



### 5. COOK THE FISH

Heat a frypan over medium-high heat. Coat the fish in **oil**, **2 tsp cumin**, **salt and pepper**. Cook for 3-4 minutes each side until cooked through (see notes).

Chop parsley for garnish.



### 6. FINISH AND PLATE

Divide rice evenly among shallow bowls, top with fish and garnish with parsley.

**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)

