



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Pomegranate


Delicious pomegranates are now in season! Before cutting them open, press the palm of your hand against the pomegranate & roll on a hard surface. This will help release the seeds.



## 1 Sumac Fish with Roast Pumpkin & Pomegranate

A colourful roast pumpkin salad with chickpeas, kale and pomegranate jewels. All served alongside grilled sumac fish.

 35 mins

 4 servings

 Fish

29 March 2021

### Spice it up!

*You can easily switch up the spices in this dish! If you don't have sumac you can use a Moroccan spice mix or ground cumin and coriander.*

Per serve: **PROTEIN** 33g **TOTAL FAT** 14g **CARBOHYDRATES** 60g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1
RED ONION	1/2 *
TINNED CHICKPEAS	400g
SEEDED MUSTARD	1 jar
LEMON	1/2 *
KALE	1/2 bunch *
POMEGRANATE	1
LEBANESE CUCUMBER	1
WHITE FISH FILLETS	2 packets

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, sumac, ground turmeric, apple cider vinegar, sweetener of choice (honey, maple syrup or sugar)

## KEY UTENSILS

large frypan, oven tray

## NOTES

Roll the pomegranate on the bench before cutting to release the seeds. You can also break the seeds out of the shell instead of tapping them out.

If you don't have sumac you can use ground cumin, lemon pepper or lemon zest.

**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. ROAST THE VEGETABLES

Set the oven to 220°C.

Slice pumpkin into crescents. Wedge onion. Drain and pat dry chickpeas. Toss on a lined oven tray with **1 tsp turmeric, oil, salt and pepper**. Roast for 15-20 minutes or until cooked through.



## 2. PREPARE THE DRESSING

Whisk together mustard with 1/2 lemon juice, **1-2 tsp sweetener (of choice), 1 tbsp vinegar, 2 tbsp olive oil, salt and pepper**. Set aside.



## 3. PREPARE THE KALE

Thinly slice kale leaves and place in a large salad bowl. Add 2 tbsp of prepared dressing and use hands to scrunch until leaves are tender.



## 4. PREPARE THE SALAD

Cut pomegranate in half horizontally (see notes). Hold the cut half over the kale salad bowl and tap the seeds out. Dice cucumber and toss together.



## 5. COOK THE FISH

Coat fish fillets with **1 tsp sumac** (see notes), **oil, salt and pepper**. Cook in a frypan over medium-high heat for 3-4 minutes each side or until cooked through.



## 6. FINISH AND PLATE

Divide roast vegetables over plates. Top with salad and fish. Spoon over dressing to taste.

**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**

