



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Preserved Lemon


Preserved lemon, or lemon pickle, is a condiment that is common in Indian and North Africa cuisines. The flavour is mildly tart but intensely lemony.



3 Preserved Lemon Roasted Vegetables with White Fish Fillets

Roasted vegetables and nutty black rice tossed in preserved lemon dressing, served with sumac crusted white fish fillets.

 35 mins

 4 servings

 Fish

27 August 2021

Less Dishes!

Instead of pan frying your fish, add it onto the roasting tray with the vegetables for the last 5-8 minutes.

Per serve: **PROTEIN** 29g **TOTAL FAT** 19g **CARBOHYDRATES** 73g

FROM YOUR BOX

BLACK RICE	300g
CARROTS	3
COOKED BEETROOT	1 packet
RADISHES	1/2 bunch *
GREEN APPLES	2
PRESERVED LEMON PASTE	1/2 jar *
WHITE FISH FILLETS	2 packets
MINT	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, sumac

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

If you don't have sumac, you could use ground coriander, lemon zest, Moroccan seasoning or lemon pepper.

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. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes or until tender. Drain and rinse with cold water.



2. ROAST THE VEGETABLES

Cut carrots into batons. Wedge beetroots, radishes and apples. Toss on a lined oven tray with **oil, 2 tsp sumac** (see notes), **salt and pepper**. Roast for 15–20 minutes or until tender.



3. MAKE THE DRESSING

Whisk together 2 tbsp preserved lemon, **1/4 cup olive oil, salt and pepper**.



4. COOK THE FISH

Heat a frypan over medium–high heat with **oil**. Coat fish fillets in **2 tsp sumac, salt and pepper**. Cook for 3–4 minutes on each side, or until cooked through.



5. DRESS THE RICE

Toss rice with half of the dressing until well coated.

Roughly chop mint leaves, set aside for garnish.



6. FINISH AND PLATE

Divide rice among shallow bowls. Top with fish fillets and roasted vegetables. Drizzle over remaining dressing and garnish with mint.

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**

