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DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Nectarines

Nectarines and peaches are actually the same species! A small genetic difference gives nectarines their smooth skin instead of peachy fuzz.

Spiced Fish

with Pearl Couscous

Honey mustard dressed pearl couscous with sweet nectarines, crisp celery, roast capsicum strips and mesclun leaves, served with spiced fish fillets and finished with walnuts.

25 minutes | 4/6 servings | Fish

Make a side dish!

The pearl couscous salad works beautifully on its own, perfect for picnics or a BBQ. Add feta or grilled halloumi to bulk it up!

Per serve 4/6 Person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g/36g	12g/13g	59g/61g

FROM YOUR BOX

	4 PERSON	6 PERSON
PEARL COUSCOUS	300g	150g + 300g
HONEY SHOT	1	2
NECTARINES	2	3
CELERY STICKS	2	3
ROASTED PEPPERS	1 jar	1 jar
MESCLUN LEAVES	60g	120g
WALNUTS	2 x 20g	3 x 20g
WHITE FISH FILLETS	2 packets	3 packets

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, seeded mustard, red wine vinegar, ground coriander

KEY UTENSILS

large frypan, saucepan

NOTES

You can use ground cumin, sweet paprika or a dried herb of choice to coat the fish if preferred.

If you don't have seeded mustard you can use another mustard such as dijon.

No gluten option - pearl couscous is replaced with GF pasta. Cook pasta in boiling water according to packet instructions or until al dente.

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1. COOK THE COUSCOUS

Bring a saucepan with water to a boil. Add **pearl couscous** and cook for 8 minutes or until tender but still firm. Drain and rinse in cold water.



2. PREPARE THE DRESSING

Whisk together **honey**, **1 tbsp seeded mustard**, **1 tbsp vinegar** and **2 tbsp olive oil** in a bowl. Set aside.

6P - Whisk together honey, 2 tbsp seeded mustard, 2 tbsp vinegar and 4 tbsp olive oil.



3. PREPARE THE SALAD

Slice **nectarines** and **celery**. Drain **roasted peppers**. Set aside in a large bowl with **mesclun leaves**.



4. TOAST THE WALNUTS

Chop **walnuts** and add to a dry frypan over medium-high heat. Toast for 2-3 minutes until golden. Set aside and keep pan on heat.



5. COOK THE FISH

Coat **fish fillets** with **2 tsp ground coriander**, **oil**, **salt and pepper** (see notes). Cook in pan for 3-4 minutes each side or until cooked through.

6P - use 3 tsp ground coriander.



6. FINISH AND SERVE

Toss **salad** with **pearl couscous** and **dressing**. Serve alongside **fish** and garnish with **walnuts.**

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