




Product Spotlight: Harissa Paste




Harissa comes from the Arabic verb 'to pound' or 'break into pieces'. It may have originated in Tunisia, where shoppers would watch and wait while vendors were making it!

Cumin Fish with Harissa Tray Bake

White fish fillets cooked in ground cumin and served with hearty vegetables baked in harissa paste and fresh mesclun leaves.

 30 minutes

 4 servings

 Fish

Switch it up!

*Use the sweet potato to make mash!
Sauté remaining vegetables in a frypan
and coat fish with harissa paste.*

Per serve: **PROTEIN** 26g **TOTAL FAT** 13g **CARBOHYDRATES** 57g

FROM YOUR BOX

SWEET POTATOES	1kg
RED CAPSICUM	1
RED ONION	1
HARISSA PASTE	2 sachets
WHITE FISH FILLETS	2 packets
MESCLUN LEAVES	120g

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin

KEY UTENSILS

large frypan, oven tray

NOTES

Instead of coating the fish in ground cumin, try ground coriander, sumac or a Moroccan spice mix if you have one.

Dress mesclun leaves with olive oil, vinegar or lemon juice if desired.



1. PREPARE THE VEGETABLES

Set oven to 220°C.

Cut **sweet potato** into rounds. Slice **capsicum** and wedge **red onion**. Add to a lined oven tray as you go.



2. TOSS WITH THE HARISSA

Toss vegetables with **oil**, **harissa paste**, **salt and pepper**. Roast for 20-25 minutes until tender.



3. COOK THE FISH

Heat a frypan over medium-high heat. Coat **fish** with **oil**, **2 tsp cumin** (see notes), **salt and pepper**. Add to pan and cook for 2-4 minutes each side until cooked through.



4. FINISH AND SERVE

Serve fish fillets with harissa roasted vegetables and fresh **mesclun leaves** (see notes).



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