




Product Spotlight: Beetroot


Their rich, purple colour comes from powerful antioxidants that fight free radicals in your body to prevent oxidative stress. In other words? A beetroot a day keeps the doctor away!



Dukkah Fish with Honey Roast Vegetables

Pumpkin, beetroot, and baby spinach in perfect unison with white fish fillets and flavourful dukkah, finished with a homemade honey-vinegar dressing.

 30 minutes

 4 servings

 Fish

2 June 2023

Extra Hungry?

If you're feeding big appetites or cooking for extra people, add cooked short pasta to the salad when tossing it together in step 4. Or, serve with crusty (garlic) bread on the side.

Per serve: **PROTEIN** 26g **TOTAL FAT** 20g **CARBOHYDRATES** 43g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
BEETROOTS	2
RED ONION	1
TOMATOES	2
HONEY SHOTS	2
DUKKAH	1 packet (80g)
WHITE FISH FILLETS	2 packets
BABY SPINACH	1 bag (120g)

FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, dried thyme, red wine vinegar

KEY UTENSILS

large frypan, oven tray

NOTES

We kept the peel on the pumpkin for extra fibre and texture, but you can peel it if preferred. If desired, you can leave the tomatoes fresh instead of roasting them.

If you're struggling for space, use 2 oven trays for roasting the vegetables.

For extra flavour, add 1 crushed garlic clove to the dressing.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice pumpkin (see notes). Wedge beetroot, onion and tomatoes. Toss on a lined oven tray with **1-2 tsp thyme, oil, salt and pepper**. Roast for 15-20 minutes or until tender.



4. TOSS THE SALAD

Add roasted vegetables and spinach to dressing bowl. Toss well and season to taste with **salt and pepper**.



2. MAKE THE DRESSING

In a large bowl, whisk together honey, **1/2 tbsp dukkah, 3 tbsp olive oil, 2 tbsp vinegar, salt and pepper** (see notes).



5. FINISH AND SERVE

Slice fish and serve on plates with salad.



3. COOK THE FISH

Heat a frypan with **oil** over medium-high heat. Coat fish with remaining dukkah and add to pan. Cook for 4-5 minutes each side until golden and cooked through.

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**

