



DINNER TWIST  
LOCAL. HEALTHY. DELIVERED




### Product Spotlight: Za'atar

Za'atar is a blend of spices cherished in Middle Eastern cooking. This bold and aromatic spice blend is typically made up of sumac, oregano, sesame seeds, and cumin.



## 1 Za'atar Fish with Roasted Vegetables

Cumin roasted vegetables with aromatic za'atar fish and feta.

 35 mins

 2 servings

 Fish

18 June 2021

## Bulk it up!

Cook up some cous cous to toss through the roasted vegetables to make a larger meal. Be sure to double your dressing amount if you do.

Per serve: **PROTEIN** 33g **TOTAL FAT** 29g **CARBOHYDRATES** 35g

## FROM YOUR BOX

BEETROOTS	2
RED ONION	1/2 *
BABY EGGPLANT	1
ZUCCHINI	1
KALE	1 bunch
WHITE FISH FILLETS	1 packet
ZA'TAAR	1 packet
FETA	1/2 packet *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, white wine vinegar, ground cumin

## KEY UTENSILS

large frypan, oven tray

## NOTES

For extra flavour add a few nobs of butter to the pan when cooking the fish.

**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 oven to 220°C. Wedge beetroot and red onion, cut eggplant and zucchini into rounds. Arrange the prepared vegetables on a lined oven tray. Toss with **oil, 1 tbsp cumin, salt and pepper**. Roast for 15-20 minutes.



### 2. MASSAGE THE KALE

In a large bowl whisk together **3 tbsp olive oil, 2 tbsp vinegar, salt and pepper**. Remove the kale leaves from the stalk and roughly chop, add to the bowl as you go. Gently massage the kale into the dressing.



### 3. COOK THE FISH

Coat fish in **oil** and za'taar. Heat a frypan over medium-high heat (see notes) and cook fish for 3-4 minutes on each side or until cooked through.



### 4. TOSS THE VEGETABLES

Toss the roasted vegetables with the massaged kale.



### 5. FINISH AND PLATE

Evenly divide the vegetables among shallow bowls, top with fish and dot over feta.

**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**

