



## Dukkah Fish

with Pumpkin and Pea Couscous



20-30min



2 Portions

For healthy, low-carb inspiration, look no further than North African cuisines. With their emphasis on vegetables, grains, plenty of herbs and antioxidant-rich spices for flavour, they load you up, nutritionally speaking. Fish takes centre stage here although those fibre and vitamin-rich vegetables are alluring too. Dukkah contains almonds and sesame seeds, delivering Vitamin E and minerals lik...



## What we send

- couscous <sup>1</sup>
- zucchini
- dukkah spice blend <sup>1,11,15</sup>
- white fish fillets <sup>4</sup>
- peas
- butternut pumpkin
- slivered almonds <sup>15</sup>
- chicken-style stock cube
- mint

## What you'll require

- extra virgin olive oil
- olive oil
- sea salt and pepper
- water

## Utensils

- medium frypan

Our vegies come fresh from the farm, so please wash them before use.

### Cooking tip

Use the left over vegetable cooking liquid in a soup, or anywhere you require stock. You can freeze it for up to 8 weeks if you don't need it straight away.

### Allergens

Gluten (1), Fish (4), Sesame (11), Tree Nuts (15). May contain traces of other allergens.

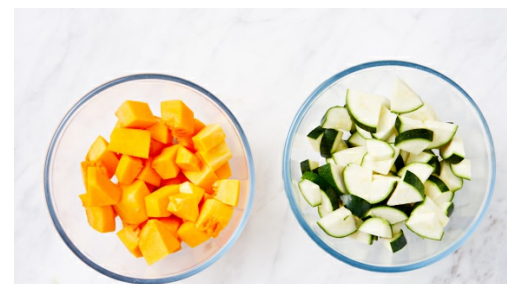
### Nutrition per serving

Energy 700kcal, Fat 21.7g, Carbs 72.1g, Proteins 48.7g



### 1. Make topping

Heat **1 tbs extra virgin olive oil** in a medium frypan over medium-low heat. Add the **almonds** and **dukkah** and cook, stirring, for 4-5 mins until golden. Remove from the pan and set aside, reserving the pan.



### 2. Prepare vegetables

Meanwhile, peel and cut the **pumpkin** into 2cm chunks. Quarter the **zucchini** lengthwise, then cut into 1cm chunks. Put **500ml (2 cups) water** in a medium saucepan and crumble in the **stock cubes**. Bring to the boil over medium-high heat.



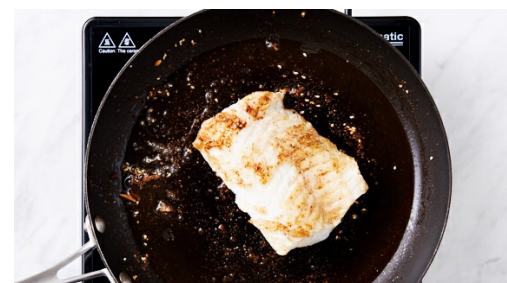
### 3. Cook vegetables

Add the **pumpkin** to the pan of boiling stock and cook for 3 mins. Add the **zucchini** and cook for a further 3 mins. Add the **peas** and cook for 2-3 mins until the vegetables are tender. Drain the vegetables, reserving **200ml of the stock** (see cooking tip). Return the vegetables to the pan, set aside and cover to keep warm.



### 4. Prepare couscous

Meanwhile, place the **couscous** in a large bowl. Pour over the hot, reserved stock, season with **salt and pepper** stir to combine. Cover with cling film and set aside for 5 mins. Fluff up grains with a fork.



### 5. Cook fish



Heat **2 tsp olive oil** in the reserved frypan over high heat. Season the **fish** with **salt and pepper** then cook, reducing the heat to medium, for 3 mins each side or until golden and cooked through.



### 6. Get ready to serve

While the fish is cooking, pick the **mint leaves** and finely chop, discarding the stems. Stir the **vegetables** and mint through the couscous. Cut the **fish** into 2 equal pieces. Divide the **fish** and the **pumpkin and pea couscous** among plates, scatter over the **almond topping** then serve.

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