



Dukkah Fish

with Pumpkin and Pea Couscous



20-30min



4 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

- butternut pumpkin
- white fish fillets ⁴
- chicken-style stock cube
- dukkah blend spice ^{1,11,15}
- couscous ¹
- mint
- zucchini
- green peas
- slivered almonds ¹⁵

What you'll require

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

Utensils

- medium saucepan with lid

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.

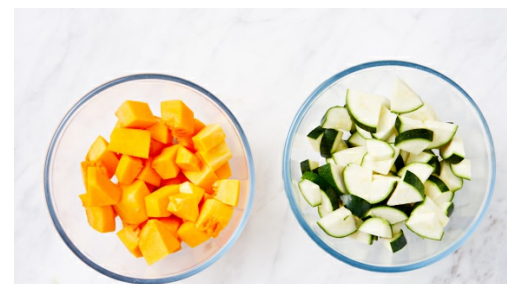
Nutrition per serving

Energy 685kcal, Fat 21.6g, Carbs 72.1g, Proteins 44.0g



1. Make topping

Heat **2 tbs extra virgin olive oil** in a large 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 **1L (4 cups) water** in a medium saucepan and crumble in the **stock cubes**. Bring to the boil over medium-high heat.



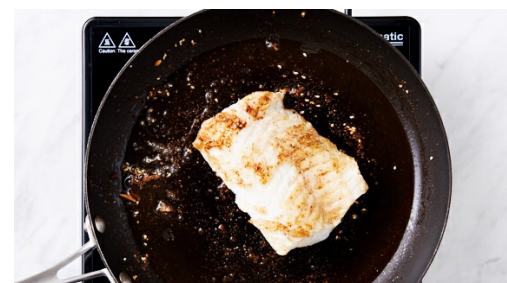
3. Cook vegetables

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 **375ml (1½ cups) 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 **1 tbs 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 4 equal pieces. Divide the **fish** and the **pumpkin and pea couscous** among plates, scatter over the **almond topping** then serve.

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from at least 45%
Australian ingredients