DINNER TWIST
LOCAL, HEALTHY, DELIVERED

1. LEMON FISH
WITH CHILLI BRUSSELS SPROUTS

Flaky white fish on a bed of buckwheat tossed with brussels sprouts, sugar snap peas and a lemon garlic butter sauce.

⧗ **30 Minutes**   🍽 **4 Servings**

30 March 2020

PER SERVE		
PROTEIN	TOTAL FAT	CARBOHYDRATES
34g	17g	36g

FROM YOUR BOX

BUCKWHEAT	1 packet (200g)
BRUSSELS SPROUTS	300g
SUGAR SNAP PEAS	1/2 bag (125g) *
RED ONION	1/2 *
WHITE FISH FILLETS	2 packets
LEMON	1
RED CHILLI	1

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil + butter, salt, pepper, stock cube (1), garlic cloves (2)

KEY UTENSILS

saucepan, frypan

NOTES

The stock cube will add extra flavour to the buckwheat. You can also try adding in some sliced garlic or a dried herb of choice.

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. COOK THE BUCKWHEAT

Set oven to 220ºC. Place buckwheat and **1 crumbled stock cube** in a saucepan. Cover with water and simmer over medium-high heat for 10-12 minutes, or until cooked through. Drain and lightly rinse (see notes). Set aside.

2. PREPARE THE VEGETABLES

Wedge brussels sprouts. Trim and halve sugar snap peas. Slice onion.

3. STIR FRY THE VEGETABLES

Heat frypan over medium-high heat with **1/2 tbsp olive oil**. Cook vegetables for 5-6 minutes, or until just tender. Toss with cooked buckwheat and reserve pan.

4. COOK THE FISH

Coat fish with 1 tsp lemon zest and season with **salt and pepper.** Add **olive oil** to pan. Cook fish for 3-4 minutes or until cooked through. Remove from pan and keep warm.

5. MAKE THE SAUCE

Wipe out pan and reduce heat to low. Add **1 tbsp olive oil** and **40g butter** to melt. Crush **2 cloves garlic** into pan and cook for 2 minutes until softened. Remove from heat, slice chilli and stir through along with 1/2 lemon juice (wedge remaining).

6. FINISH AND PLATE

Stir half the butter sauce into buckwheat. Divide between plates and top with fish and remaining sauce. Serve with lemon wedges.