



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: BRUSSELS SPROUTS

Brussels sprouts are packed full of health benefits including their ability to help lower cholesterol, balance hormone levels, improve digestion, protect the heart and aid the immune system.



# 1. LEMON FISH

## WITH CHILLI BRUSSELS SPROUTS

 30 Minutes

 2 Servings

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

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
35g	17g	38g

30 March 2020

## FROM YOUR BOX

BUCKWHEAT	1 packet (100g)
BRUSSELS SPROUTS	150g
SUGAR SNAP PEAS	1/2 bag (75g) *
RED ONION	1/2 *
WHITE FISH FILLETS	1 packet
LEMON	1
RED CHILLI	1

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

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

## 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 220°C. Place buckwheat and **1/2 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 1/2 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 **1/2 tbsp olive oil** and **20g butter** to melt. Crush **1 clove 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.

How did the cooking go? We'd love to know - help us by sharing your thoughts!  
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

