



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Red Chilli

Red chillies are rich in vitamin C and are metabolism boosters! That's why you can feel warm while eating them!



## E2 Chilli Butter Fish Fillets with Oregano Vegetables

A rainbow of vegetables roasted in dried oregano served with pan-fried fish fillets, homemade chilli butter and fresh basil.

 25 minutes

 2 servings

 Fish

24 June 2022

## Spice it down!

*If you want to make this dish mild, swap the chilli in the butter for a fresh or dried herb like parsley, Italian herb mix, rosemary or thyme. Reserve the chilli as a garnish for those who will eat it.*

Per serve: **PROTEIN** 27g **TOTAL FAT** 11g **CARBOHYDRATES** 63g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1
SHALLOT	1
TOMATO	1
COURGETTES	2
RED CHILLI	1
WHITE FISH FILLETS	1 packet
BASIL	1 packet

## FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, dried oregano, 1 garlic clove

## KEY UTENSILS

frypan, oven tray

## NOTES

If you prefer not to use butter, substitute with olive oil.



### 1. ROAST THE VEGGIES

Take **1 1/2 tbsp butter** out of fridge to begin softening. Set oven to 220°C.

Wedge pumpkin (to taste), shallot and tomato. Slice courgettes. Toss on a lined oven tray with **oil, 2 tsp oregano, salt and pepper**. Roast for 15–20 minutes until veggies are tender.



### 4. FINISH AND SERVE

Pick basil leaves.

Divide roasted vegetables and fish fillets among plates. Spoon over remaining chilli butter and garnish with basil leaves.



### 2. MAKE THE CHILLI BUTTER

Deseed and finely chop chilli. Add to a bowl with **1/2 crushed garlic clove** and **softened butter** from step 1 (see notes). Use a fork to combine.



### 3. COOK THE FISH FILLETS

Heat a frypan over medium-high heat. Season fish fillets with **salt and pepper**. Add fish and cook for 3 minutes on one side. Turn fish over and add 1 tbsp chilli butter. Cook for a further 2–4 minutes until fish is cooked through.

**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](mailto:hello@dinnertwist.com.au)

