

## Product Spotlight: Lupin Crumbs

If you love it, you can purchase the lupin crumb on our Market Place. It's great for crumbing, as a pasta topping or anywhere you would normally use bread crumbs.



# Paprika Fish Fillets

## with Lupin-Crusted Vegetable Gratin

White fish fillets cooked in ground paprika, served with baked rainbow vegetable and feta cheese gratin, garnished with fresh basil leaves.





Instead of topping the gratin with the lupin crumbs, sprinkle them on the fish fillets before cooking.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES 49g 30g 27g

1 July 2022

#### FROM YOUR BOX

CARROT	1
YELLOW SQUASH	2
ZUCCHINI	1
ΤΟΜΑΤΟ	1
SOFT FETA CHEESE	1 packet
WHITE FISH FILLETS	1 packet
LUPIN CRUMBS	1 packet (20g)
BASIL	1 packet

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, dried rosemary, ground paprika

#### **KEY UTENSILS**

large frypan, oven dish

#### NOTES

To cover your gratin you can use aluminium foil, an oven tray or a large piece of baking paper. If using baking paper, run under water then scrunch it up. This will make the paper more malleable and will prevent it from burning in the oven.



## **1. ARRANGE THE CARROTS**

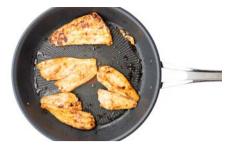
Set oven to 220°C.

Drizzle a small amount of **oil** in base of oven dish. Ribbon carrot and arrange in even layers in dish.



## **2. BAKE THE GRATIN**

Slice squash, zucchini and tomato. Place on top of carrot. Crumble in feta. Toss with **oil, 2 tsp rosemary, salt and pepper.** Cover the gratin (see notes) and bake for 20 minutes (see step 4).



## **3. COOK THE FISH FILLETS**

Heat a frypan over medium-high heat. Coat fish fillets with **oil, 1 tsp paprika, salt and pepper.** Cook for 2-4 minutes each side or until cooked through.



## 4. ADD THE LUPIN CRUMB

Remove cover and sprinkle lupin crumb over vegetables. Drizzle over **oil**. Bake, uncovered, for a further 5–7 minutes until lupin crumb is golden.



### **5. FINISH AND SERVE**

Divide gratin onto plates and serve with fish fillets. Garnish with fresh basil leaves.

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

