



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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.



COASTAL  
CRUNCH

E4

## 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.

 35 minutes

 4 servings

 Fish

1 July 2022

## Switch it up!

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

Per serve: **PROTEIN** 37g **TOTAL FAT** 16g **CARBOHYDRATES** 23g

## FROM YOUR BOX

CARROTS	2
YELLOW SQUASH	3
ZUCCHINIS	2
TOMATOES	2
SOFT FETA CHEESE	1 packet
WHITE FISH FILLETS	2 packets
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 carrots and arrange in even layers in dish.



### 2. BAKE THE GRATIN

Slice squash, zucchinis and tomatoes. Place on top of carrots. Crumble in feta. Toss with **oil, 1 tbsp 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, 2 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](mailto:hello@dinnertwist.com.au)

