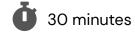


# **Lemon Fish**

# with Maple Roasted Pumpkin

Sweet, tender roasted pumpkin accompanying fresh, lemony fish fillets and a crunchy salad with colourful cherry tomatoes.





4 servings



You can keep all the dressing for serving rather than tossing through the salad in step 3. Or, keep all veggies separate cut into halves or wedges.

### FROM YOUR BOX

BUTTERNUT PUMPKIN	1
RED ONION	1/2 *
LEMON	1
GREEN CAPSICUM	1
SNOW PEAS	1/2 bag (125g) *
MEDLEY CHERRY TOMATOES	1/2 punnet (200g) *
BASIL	1/2 packet *
WHITE FISH FILLETS	2 packets

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, maple syrup (see notes), smoked paprika

#### **KEY UTENSILS**

frypan, oven tray

#### **NOTES**

If you don't have any maple syrup, use any other type of syrup, honey, or brown sugar instead.

Instead of keeping the tomatoes and capsicum fresh, you can roast them on the tray with the pumpkin.

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 PUMPKIN

Set oven to 200°C.

Slice pumpkin into wedges (see notes). Toss on a lined oven tray with wedged onion, 1 tbsp maple syrup and 1/2 tbsp smoked paprika. Roast for 15 minutes or until golden and tender.



# 2. MAKE THE DRESSING

Zest lemon and leave to the side. Juice lemon and whisk together with 3 tbsp olive oil, 1/2 tbsp maple syrup, salt and pepper.



# 3. TOSS THE SALAD

Chop capsicum and snow peas, halve or quarter tomatoes and chop basil. Toss with half the dressing.



# 4. COOK THE FISH

Heat a frypan with oil/butter over medium-high heat. Rub fish with lemon zest, salt and pepper. Cook for 3-4 minutes each side or until cooked through.



# **5. FINISH AND PLATE**

Serve pumpkin and salad onto plates and top with the fish and remaining dressing on the side.



