



### Product Spotlight: Lemon

When zesting lemons, you want to make sure and only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, as this is quite bitter.



## Sumac Fish

### with Lemon Lentils and Whipped Feta

Brown lentils tossed with char grilled eggplant, parsley and a lemon dressing, served on a creamy feta cheese smear and topped with sumac coated fish fillets.



30 minutes



2 servings



Fish

## Bulk up the salad!

*Need to make extra serves? You can add some fresh rocket or mesclun leaves to the lentil salad or grill some zucchini and capsicum to toss through!*

Per serve: **PROTEIN** 40g **TOTAL FAT** 34g **CARBOHYDRATES** 37g

## FROM YOUR BOX

EGGPLANT	1
SUMAC SPICE MIX	1 packet
FETA CHEESE	200g
LEMON	1
CHERRY TOMATOES	200g
PARSLEY	1 packet
TINNED BROWN LENTILS	400g
WHITE FISH FILLETS	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

## KEY UTENSILS

griddle pan or BBQ, stick mixer or small food processor (optional), frypan

## NOTES

You can roast the eggplant if preferred. Dice or slice and roast for 20 minutes at 220°C.

If you don't feel like making the whipped feta, crumble the feta through the lentils instead. Add crushed garlic or dried herbs.

Combine any leftover whipped feta with sumac spice mix to make a delicious dip!

*Sumac spice mix: sumac, smoked paprika, ground cumin, ground coriander.*



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### 1. GRILL THE EGGPLANT

Heat a griddle pan or BBQ over medium-high heat (see notes). Slice eggplant into rounds and coat with 2 tsp sumac spice mix, **oil**, **salt** and **pepper**. Cook eggplant for 3–4 minutes each side until tender.



### 2. WHIP THE FETA

Blend crumbled feta with **1 tbsp olive oil** and **1/2 cup water** using a stick mixer or blender until smooth (see notes). Season with **pepper** to taste.



### 3. PREPARE THE DRESSING

Whisk juice from 1/2 lemon (wedge remaining) with **2 tbsp olive oil** in a large salad bowl.



### 4. TOSS THE SALAD

Halve tomatoes and chop parsley. Roughly chop cooked eggplant. Drain and rinse lentils. Add to dressing bowl and toss to combine. Season with **salt** and **pepper** to taste.



### 5. COOK THE FISH

Coat fish with 1 tsp sumac spice mix, **oil**, **salt** and **pepper**. Heat a frypan over medium-high heat. Cook fish for 3–4 minutes each side or until cooked through.



### 6. FINISH AND SERVE

Smear roughly 2–3 tbsp whipped feta onto plates (see notes). Top with lentil salad and fish, serve with lemon wedges.

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