



Product Spotlight: Jalapeño

In the Americas, the use of chilli, including jalapeños, dates back thousands of years, including the practice of smoking some varieties to preserve them.



Oregano Fish

with Plum, Jalapeño and Balsamic Salad

White fish fillets served with a fresh and vibrant salad of plum, jalapeño, brown lentils and balsamic dressing with crunchy seed topping.



20 minutes



2 servings



Fish

BBQ it!

Take the fish fillets out to the BBQ if it's a warm day. You can also BBQ the plum and jalapeño for extra flavour!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	43g	34g

FROM YOUR BOX

SUNFLOWER SEEDS + PEPITAS	1 packet
WHITE FISH FILLETS	1 packet
PLUM	1
JALAPEÑO	1
AVOCADO	1
TOMATO	1
TINNED LENTILS	400g
ROCKET LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, balsamic vinegar

KEY UTENSILS

large frypan

NOTES

Remove seeds from jalapeño for a milder dish.



1. TOAST THE SEED MIX

Heat a large frypan over medium-high heat. Add seeds to dry pan and toast for 3-4 minutes until golden. Remove to a bowl and keep pan over heat.



2. MAKE THE DRESSING

In a large bowl whisk together **3 tbsp olive oil, 2 tsp vinegar, salt and pepper.**



3. COOK THE FISH

Coat fish fillets in **oil, 1 tsp oregano, salt and pepper.** Add to reserved frypan and cook for 2-4 minutes each side until cooked through.



4. TOSS THE PLUM SALAD

Slice plum and jalapeño (see notes). Dice avocado and tomato. Drain and rinse lentils. Add to bowl with dressing. Toss until well coated.



5. FINISH AND SERVE

Add rocket leaves to a platter. Top with plum salad. Sprinkle over toasted seeds. Serve tableside with oregano fish.



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