



Product Spotlight: Red Chilli

Red chillies are rich in vitamin C and are metabolism boosters! That's why you can feel warm while eating them!



Chilli Butter Fish Fillets with Oregano Vegetables

A rainbow of vegetables roasted in dried oregano served with pan-fried fish fillets, homemade chilli butter and fresh basil.



30 minutes



2 servings



Fish

Spice it down!

If you want to make this dish mild, swap the chilli in the butter for a fresh or dried herb like parsley, Italian herb mix, rosemary or thyme. Reserve the chilli as a garnish for those who will eat it.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	8g	24g

FROM YOUR BOX

BUTTER ROUND	1
BUTTERNUT PUMPKIN	1
SHALLOT	1
TOMATO	1
ZUCCHINI	1
RED CHILLI	1
GARLIC CLOVE	1
WHITE FISH FILLETS	1 packet
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

frypan, oven tray

NOTES

If you prefer not to use butter, substitute with olive oil.

The vegetables can be grilled on the BBQ if preferred!



1. ROAST THE VEGGIES

Take **butter** out of fridge to begin softening. Set oven to 220°C.

Wedge **pumpkin** (use to taste), **shallot** and **tomato**. Slice **zucchini**. Toss on a lined oven tray with **oil**, **2 tsp oregano**, **salt and pepper**. Roast for 20–25 minutes until **veggies** are tender.



4. FINISH AND SERVE

Pick **basil leaves**.

Divide **roasted vegetables** and **fish fillets** among plates. Spoon over **remaining chilli butter** and garnish with **basil leaves**.



2. MAKE THE CHILLI BUTTER

Deseed and finely chop **chilli** (use to taste). Add to a bowl with **crushed garlic clove** and **softened butter** from step 1 (see notes). Use a fork to combine.



3. COOK THE FISH FILLETS

Heat a frypan over medium-high heat. Season **fish fillets** with **salt and pepper**. Add **fish** and cook for 3 minutes on one side. Turn **fish** over and add **1 tbsp chilli butter**. Cook for a further 2–4 minutes until **fish** is cooked through.



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