



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.



Herby 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** 34g **TOTAL FAT** 21g **CARBOHYDRATES** 23g

FROM YOUR BOX

SUNFLOWER SEEDS + PEPITAS	40g
WHITE FISH FILLETS	1 packet
PLUM	1
JALAPEÑO	1
AVOCADO	1
TOMATO	1
TINNED LENTILS	400g
ROCKET LEAVES	120g

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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