



### 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	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	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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