

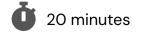




## **Herby Fish**

### 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.







# 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!

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
ТОМАТО	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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