



Product Spotlight: Lemon

When zesting lemons, you want to make sure and only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, as this is quite bitter.



Sumac Fish

with Lemon Lentils and Whipped Feta

Brown lentils tossed with char grilled eggplant, parsley and a lemon dressing, served on a creamy feta cheese smear and topped with sumac coated fish fillets.



30 minutes



2 servings



Fish

Bulk up the salad!

Need to make extra serves? You can add some fresh rocket or mesclun leaves to the lentil salad or grill some zucchini and capsicum to toss through!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	34g	37g

FROM YOUR BOX

EGGPLANT	1
SUMAC SPICE MIX	1 packet
FETA CHEESE	200g
LEMON	1
CHERRY TOMATOES	200g
PARSLEY	1 packet
TINNED BROWN LENTILS	400g
WHITE FISH FILLETS	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

griddle pan or BBQ, stick mixer or small food processor (optional), frypan

NOTES

You can roast the eggplant if preferred. Dice or slice and roast for 20 minutes at 220°C.

If you don't feel like making the whipped feta, crumble the feta through the lentils instead. Add crushed garlic or dried herbs.

Combine any leftover whipped feta with sumac spice mix to make a delicious dip!

Sumac spice mix: sumac, smoked paprika, ground cumin, ground coriander.



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1. GRILL THE EGGPLANT

Heat a griddle pan or BBQ over medium-high heat (see notes). Slice **eggplant** into rounds and coat with **2 tsp sumac spice mix, oil, salt and pepper**. Cook eggplant for 3-4 minutes each side until tender.



2. WHIP THE FETA

Blend crumbled **feta** with **1 tbsp olive oil** and **1/2 cup water** using a stick mixer or blender until smooth (see notes). Season with **pepper** to taste.



3. PREPARE THE DRESSING

Whisk juice from **1/2 lemon** (wedge remaining) with **2 tbsp olive oil** in a large salad bowl.



4. TOSS THE SALAD

Halve **tomatoes** and chop **parsley**. Roughly chop cooked eggplant. Drain and rinse **lentils**. Add to dressing bowl and toss to combine. Season with **salt and pepper** to taste.



5. COOK THE FISH

Coat **fish** with **1 tsp sumac spice mix, oil, salt and pepper**. Heat a frypan over medium-high heat. Cook fish for 3-4 minutes each side or until cooked through.



6. FINISH AND SERVE

Smear roughly 2-3 tbsp whipped feta onto plates (see notes). Top with lentil salad and fish, serve with lemon wedges.

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