

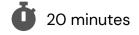


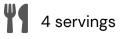


Oregano Fish

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!

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

32g 30g

24g

FROM YOUR BOX

SUNFLOWER SEEDS + PEPITAS	1 packet
WHITE FISH FILLETS	2 packets
PLUMS	2
JALAPEÑO	1
RADISHES	1 bunch
AVOCADO	1
TOMATOES	2
TINNED LENTILS	400g
ROCKET LEAVES	1 bag (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 1/4 cup olive oil, 3 tbsp vinegar, salt and pepper.



3. COOK THE FISH

Coat fish fillets in oil, 2 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). Quarter radishes. 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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