

**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



4/6 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
	33g	21g	20g

FROM YOUR BOX

	4 PERSON	6 PERSON
SUNFLOWER SEEDS + PEPITAS	2 x 40g	2 x 40g
WHITE FISH FILLETS	2 packets	3 packets
PLUMS	2	3
JALAPEÑO	1	1
RADISHES	1 bunch	1 bunch
AVOCADO	1	2
TOMATOES	2	3
TINNED LENTILS	400g	400g
ROCKET LEAVES	120g	2 x 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.**

6P - Whisk together 1/3 cup olive oil, 4 tbsp vinegar, salt and pepper.



3. COOK THE FISH

Coat **fish fillets** in **oil, 2-3 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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