


Product Spotlight: Cherry Tomatoes


Did you know tomato varieties are considered an everyday super-fruit? Naturally high in lycopene, they may protect your DNA from damage, which, in turn, helps prevent various cancers.



Peri Peri Fish with Grilled Vegetables

White fish fillets and vegetables grilled with custom-blend Peri Peri spice mix served over black rice with a zingy lime dressing.

 30 minutes

 4/6 servings

 Fish

Spice it up!

Add dried chilli flakes, fresh chilli or hot sauce into the lime dressing, or a pinch of chilli powder to the peri peri spice mix to spice up this dish!

Per serve: **PROTEIN** 31g **TOTAL FAT** 4g **CARBOHYDRATES** 54g

FROM YOUR BOX

	4 PERSON	6 PERSON
BLACK RICE	300g	300g + 150g
ZUCCHINI	1	2
CORN COBS	2	3
CHERRY TOMATOES	2 x 200g	3 x 200g
PERI PERI SPICE MIX	1 packet	2 packets
WHITE FISH FILLETS	2 packets	3 packets
LIME	1	2

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, apple cider vinegar, maple syrup

KEY UTENSILS

BBQ griddle pan, frypan, saucepan

NOTES

Instead of grilling the vegetables, you can roast or pan-fry them.

Peri peri spice mix: smoked paprika, ground coriander, dried oregano, brown sugar, ground onion powder and garlic powder.



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1. COOK THE RICE

Place **rice** in a saucepan and cover with water. Bring to a boil and simmer for 20 minutes or until tender. Drain and rinse with cold water.



4. COOK THE FISH FILLETS

Heat a large frypan over medium-high heat. Coat **fish** with **oil**, **remaining peri peri spice mix**, **salt and pepper**. Add to pan and cook for 2-4 minutes each side.



2. PREPARE THE VEGETABLES

Cut **zucchini** into angular pieces and cut **corn** into cobs. Toss in a large bowl along with **cherry tomatoes**, **oil**, **1/2 peri peri spice**, **salt and pepper**.



5. MAKE THE LIME DRESSING

While **fish** cooks, **zest and juice lime**. Add to a bowl with **3 tbsp olive oil**, **1-2 tsp maple syrup**, **1 tbsp vinegar**, **1 tbsp water**, **salt and pepper**. Mix to combine.

6P - **zest and juice 2 limes**. Add to bowl with **5 tbsp olive oil**, **2-3 tsp maple syrup**, **1 tbsp vinegar**, **2 tbsp water**, **salt and pepper**.



3. GRILL THE VEGETABLES

Heat a BBQ or griddle pan (see notes) over medium-high heat with **oil**. Add **vegetables** and cook for 6 minutes, turning occasionally, until **vegetables** are tender.



6. FINISH AND SERVE

Divide **rice** among shallow bowls. Top with **grilled vegetables** and **fish**. Serve with **lime dressing**.

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