



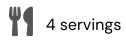


# Sumac Fish

# 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.







# 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!

PROTEIN TOTAL FAT CARBOHYDRATES

39g

23g

29g

### **FROM YOUR BOX**

EGGPLANT	1
SUMAC SPICE MIX	1 packet
FETA CHEESE	200g
LEMON	1
CHERRY TOMATOES	2 x 200g
PARSLEY	1 packet
TINNED BROWN LENTILS	2 x 400g
WHITE FISH FILLETS	2 packets

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, olive oil

#### **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.

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





## 1. GRILL THE EGGPLANT

Heat a griddle pan or BBQ over mediumhigh 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 remaining 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 even amounts of feta whip onto plates (roughly 2-3 tbsp). Top with lentil salad and fish, serve with lemon wedges.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



