



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



4 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** 39g **TOTAL FAT** 23g **CARBOHYDRATES** 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.



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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.



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.



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.



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.



3. PREPARE THE DRESSING

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



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.

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