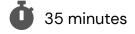




# Portuguese Fish

# with Herby Tossed Millet

White fish fillets marinated in spiced yoghurt, served with thyme-roasted vegetables and millet tossed in parsley and lemon, finished with chopped almonds.





2 servings



As the weather starts warming up, we can dust off the BBQs! Cut shallot and capsicum into strips and season. Chuck them and the fish on the BBQ. Cook until veggies are tender and the fish cooked through. Alternatively, make skewers!

PROTEIN TOTAL FAT CARBOHYDRATES

### FROM YOUR BOX

MILLET	1 packet (100g)
SHALLOT	1
CARROTS	2
RED CAPSICUM	1
LEMON	1
NATURAL YOGHURT	1 tub (200g)
WHITE FISH FILLETS	1 packet
PARSLEY	1 bunch
ALMONDS	1 packet (20g)

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme, cajun seasoning (see notes), 1 garlic clove

#### **KEY UTENSILS**

frypan, saucepan, oven tray

#### **NOTES**

If you don't have cajun seasoning, you can make a spice mix using smoked paprika, dried thyme, ground garlic and cayenne pepper.

Drain millet for a minimum 5 minutes or press down in sieve to squeeze out excess liquid.

Roughly chop parsley if desired.



#### 1. COOK THE MILLET

Set oven to 220°C.

Place millet in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes, or until tender. Drain and rinse (see notes).



## 2. ROAST THE VEGETABLES

Wedge shallot, dice carrots and chop capsicum. Toss on a lined oven tray with oil, 1 1/2 tsp thyme, salt and pepper. Roast for 20 minutes.



#### 3. PREPARE THE FISH

Mix all of the yoghurt with lemon zest and crushed garlic, set aside. Coat fish fillets with oil, cajun seasoning, salt and pepper.



# 4. COOK THE FISH

Heat a frypan over medium-high heat with oil. Add fish fillets to pan. Cook for 2-4 minutes each side until cooked through.



# **5. TOSS THE MILLET**

Pick parsley leaves (see notes). Add to a large bowl along with millet and roasted vegetables. Squeeze in juice from 1/2 lemon (wedge remaining). Season with salt and pepper and toss to combine.



#### 6. FINISH AND SERVE

Roughly chop almonds.

Divide millet among plates. Top with fish. Dollop on remaining yoghurt, sprinkle over almonds and serve with lemon wedges.

