



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Sorghum

Sorghum is high in protein and fibre, and low in fat. Not just a food resource, it is one of the most important cereal crops worldwide and is used in the production of biofuels.



R4

## Mediterranean Fish Bowl with Sorghum and Tahini Dressing

Fish fillets coated in lemon zest and oregano served with sorghum and pan-fried zucchini, fresh vegetables and a tahini and lemon juice dressing.



20 minutes



4 servings



Fish

28 October 2022

## Whipped feta!

*Make a whipped feta instead of the tahini dressing. Use a stick mixer to blend lemon juice, feta and 1 tbsp water to a smooth consistency and season to taste with pepper.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	40g	4g

## FROM YOUR BOX

SORGHUM	1 packet (200g)
ZUCCHINI	1
GREEN CAPSICUM	1
LEMON	1
CHERRY TOMATOES	2 x 200g
AUSTRALIAN FETA CHEESE	1 packet (200g)
WHITE FISH FILLETS	2 packets

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, tahini, dried oregano

## KEY UTENSILS

large frypan, saucepan

## NOTES

With the weather warming up, you can cook your zucchini slices and fish fillets on the BBQ if preferred.



### 1. COOK THE SORGHUM

Place sorghum in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse under cold water.



### 2. PREPARE THE INGREDIENTS

Slice zucchini and capsicum. Zest lemon. Halve or quarter cherry tomatoes and crumble feta cheese.



### 3. COOK THE ZUCCHINI

Heat a large frypan over medium-high heat with **oil** (see notes). Add zucchini and 1/2 lemon zest. Cook for 2–4 minutes each side until beginning to brown. Remove and keep pan over heat.



### 4. COOK THE FISH

Coat fish fillets in **oil**, remaining lemon zest, **1 tbsp oregano, salt and pepper**. Add to pan and cook for 2–4 minutes each side until cooked through.



### 5. MAKE THE DRESSING

Juice lemon and add to a bowl along with **2 tbsp tahini, 1 tbsp olive oil, 3 tbsp water, salt and pepper**. Stir to combine.



### 6. FINISH AND SERVE

Divide sorghum among bowls. Drizzle in 1 tbsp prepared dressing. Top with fish fillets and remaining ingredients. Serve with remaining dressing.

**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**

