



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Millet

Millet is gluten-free and rich in protein and fibre. It contains large amounts of polyphenols which act as antioxidants and may help prevent heart disease, cancers and diabetes.



BBQ it!

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 is through. Alternatively, make skewers!

R4

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.



35 minutes



4 servings



Fish

7 October 2022

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	15g	68g

FROM YOUR BOX

MILLET	1 packet (200g)
SHALLOT	1
CARROTS	3
RED CAPSICUM	1
LEMON	1
NATURAL YOGHURT	1 tub (200g)
WHITE FISH FILLETS	2 packets
PARSLEY	1 bunch
ALMONDS	1 packet (40g)

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 minimum a 5 of 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, 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.

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**

