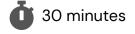




Oregano Fish

with Mediterranean Lentils

Balsamic roasted vegetables tossed through red pesto Puy lentils, served with pan cooked fish fillets and finished with fresh basil.





2 servings



If you have any fresh herbs in the garden, they add a great flavour boost to the fish! Try some fresh oregano, thyme or rosemary. You can also add crushed garlic to the vegetables as they roast.

PROTEIN TOTAL FAT CARBOHYDRATES

30g 37g

FROM YOUR BOX

PUY LENTILS	100g
SHALLOT	1
COURGETTES	2
YELLOW CAPSICUM	1/2 *
CHERRY TOMATOES	1 bag (200g)
WHITE FISH FILLETS	1 packet
RED PESTO	1 tubs (50g)
BASIL	1 packet (20g)

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, balsamic vinegar, dried oregano

KEY UTENSILS

frypan, saucepan, oven tray

NOTES

Rinse the fish fillets and pat dry before cooking to remove any stray scales.

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. COOK THE LENTILS

Set oven to 220°C.

Place lentils in a saucepan and cover with water. Bring to the boil and simmer for 12-15 minutes until tender. Drain and rinse.



2. ROAST THE VEGETABLES

Wedge shallot, slice courgettes and capsicum. Halve tomatoes. Toss on a lined oven tray with 1/2 tbsp vinegar, 1/2 tbsp olive oil, salt and pepper. Roast in oven for 25 minutes until slightly charred and cooked through.



3. COOK THE FISH

Coat fish with 1/4 tsp oregano, oil, salt and pepper. Heat a frypan over mediumhigh heat. Cook fish for 3-4 minutes each side or until cooked through.



4. TOSS THE LENTILS

Combine red pesto with 1/2 tbsp vinegar and 1/2 tbsp olive oil. Toss through cooked lentils along with roast vegetables. Season with salt and pepper.



5. FINISH AND PLATE

Divide lentils among plates along with fish fillets. Garnish with sliced basil.





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 O481 072 599 or send an email to hello@dinnertwist.com.au