



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Puy Lentils

Lentils are considered one of the best sources of plant-based, high-protein foods. There is 18g in every one cup serving – the equivalent to eating about 3 whole eggs!



## 1 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.



30 minutes



2 servings



Fish

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### Spice it up!

*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.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	19g	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 medium-high 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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

