



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

 4 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** 28g **TOTAL FAT** 19g **CARBOHYDRATES** 28g

FROM YOUR BOX

PUY LENTILS	200g
RED ONION	1
ZUCCHINI	1
YELLOW CAPSICUM	1
CHERRY TOMATOES	1 bag (200g)
WHITE FISH FILLETS	2 packets
RED PESTO	2 tubs (2 x 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 onion, slice zucchini into crescents and slice capsicum. Halve tomatoes. Toss on a lined oven tray with **1 tbsp vinegar, 1 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 **1/2 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 tbsp vinegar** and **1 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**

