



Product Spotlight: Snow Peas

In France the snow pea is also known as mange-tout, meaning "eat it all". This is because of the unusual fact you can eat pea, pod and all!



1 Spring Green Lentils with Fish & Feta

A homely dish with flavours of sweet floral marjoram, finished with a little creaminess from the feta cheese and paired with golden, flaky fish fillets.

 35 minutes

 4 servings

 Fish

21 September 2020

Jazz it up!

For even creamier lentils you can stir through some natural yoghurt. If you don't have dried marjoram you can use dried tarragon instead. The lentils would also be lovely with a little wholegrain mustard or capers stirred through!

Per serve: **PROTEIN** 41g **TOTAL FAT** 7g **CARBOHYDRATES** 33g

FROM YOUR BOX

BROWN ONION	1
CARROT	1
CELERY STICKS	2
GARLIC CLOVES	2
GREEN LENTILS	1 packet (200g)
SNOW PEAS	1/2 bag (125g) *
ENGLISH SPINACH	1 bunch
WHITE FISH FILLETS	2 packets
FETA CHEESE	1/2 packet (100g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, 1 stock cube, red wine vinegar, dried marjoram

KEY UTENSILS

large frypan with lid, frypan

NOTES

An easy way to rinse the spinach is to trim the ends and soak the leaves in a bowl of water. The sand will fall to the bottom of the bowl.

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. SAUTÉ THE VEGETABLES

Heat a frypan over medium heat with **oil**. Dice onion, carrot and celery. Add to pan as you go along with **1 tsp dried marjoram**. Crush in 2 garlic cloves.



2. SIMMER THE LENTILS

Stir in **1 crumbed stock cube** and **1 1/2 tbsp vinegar**. Add in lentils and **3 cups water**. Cover with lid, bring to the boil and simmer for 20-25 minutes until lentils are tender.



3. PREPARE THE VEGGIES

Trim and slice snow peas. Rinse and slice spinach (see notes). Keep separate.



4. COOK THE FISH

Coat fish fillets with **1/2 tsp marjoram, oil, salt and pepper**. Cook in a frypan over medium-high heat for 3-4 minutes each side or until cooked through. Keep warm.



5. STIR THROUGH SPINACH

Crumble 1/2 pack feta. Stir sliced spinach and feta through the cooked lentils until leaves are wilted. Season with **salt and pepper**.



6. FINISH AND PLATE

Divide lentils among shallow bowls. Top with fish and fresh snow peas. Crumble over remaining feta cheese.

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

