



Product Spotlight: Red Chilli


Red chillies are rich in vitamin C and are metabolism boosters! That's why you can feel warm while eating them!



Chilli Butter Fish Fillets with Oregano Vegetables

A rainbow of vegetables roasted in dried oregano served with pan-fried fish fillets, homemade chilli butter and fresh basil.

 25 minutes

 4 servings

 Fish

Spice it down!

If you want to make this dish mild, swap the chilli in the butter for a fresh or dried herb like parsley, Italian herb mix, rosemary or thyme. Reserve the chilli as a garnish for those who will eat it.

Per serve: **PROTEIN** 23g **TOTAL FAT** 6g **CARBOHYDRATES** 31g

FROM YOUR BOX

BUTTER ROUNDS	2
BUTTERNUT PUMPKIN	1
RED ONION	1
TOMATOES	2
ZUCCHINI	1
RED CHILLI	1
GARLIC CLOVE	1
WHITE FISH FILLETS	2 packets
BASIL	20g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

frypan, oven tray

NOTES

If you prefer not to use butter, substitute with olive oil.



1. ROAST THE VEGGIES

Take butter out of fridge to begin softening. Set oven to 220°C.

Wedge pumpkin, red onion and tomatoes. Slice zucchini. Toss on a lined oven tray with **oil, 1 tbsp oregano, salt and pepper**. Roast for 15-20 minutes until veggies are tender.



4. FINISH AND SERVE

Pick basil leaves.

Divide roasted vegetables and fish fillets among plates. Spoon over remaining chilli butter and garnish with basil leaves.



2. MAKE THE CHILLI BUTTER

Deseed and finely chop chilli (use to taste). Add to a bowl with crushed garlic clove and softened butter from step 1 (see notes). Use a fork to combine.



3. COOK THE FISH FILLETS

Heat a frypan over medium-high heat. Season fish fillets with **salt and pepper**. Add fish and cook for 3 minutes on one side. Turn fish over and add 1 1/2 tbsp chilli butter. Cook for a further 2-4 minutes until fish is cooked through.



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