




Product Spotlight: Dukkah


Dukkah is traditionally an Egyptian condiment consisting of herbs, nuts, and spices.



R4 **Dukkah Parmesan Crisps** with Fish Fillets and Nectarine Salad

Dukkah baked parmesan crisps served with lemon pepper fish fillets and a fresh salad of nectarine and rocket leaves with balsamic dressing.

 25 minutes

 4 servings

 Fish

25 November 2022

Switch it up!

Instead of making crisps, use your dukkah to sprinkle over the fish fillets, then toss the parmesan through the salad.

Per serve: **PROTEIN** 37g **TOTAL FAT** 21g **CARBOHYDRATES** 21g

FROM YOUR BOX

PARMESAN CHEESE	1 packet (125g)
DUKKAH	1 packet (10g)
WHITE FISH FILLETS	2 packets
TINNED LENTILS	400g
NECTARINES	2
LEBANESE CUCUMBER	1
CHERRY TOMATOES	200g
ROCKET LEAVES	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, olive oil, lemon pepper (see notes), balsamic vinegar

KEY UTENSILS

large frypan, oven tray

NOTES

If you don't have lemon pepper you can use sumac, lemon zest, ground coriander or dried oregano.

If you want to bulk up this dish, you could serve it with some cooked pearl couscous or sorghum. This dish would also work well with roasted veggies.



1. MAKE THE PARMESAN CRISPS

Set oven to 200°C.

Make clumps of parmesan on a lined oven tray. Sprinkle with dukkah. Bake for 6–8 minutes or until light golden. Set aside to crisp.



2. COOK THE FISH FILLETS

Heat a frypan over medium-high heat. Coat fish in oil, 2 tsp lemon pepper and salt. Add to pan and cook for 2–4 minutes each side until fish is cooked through.



3. MAKE THE DRESSING

In a large bowl whisk together 3 tbsp olive oil, 2 tbsp vinegar, salt and pepper.

Drain and rinse lentils. Add to dressing to marinate.



4. MAKE THE SALAD

Slice nectarines and cucumber. Halve or quarter tomatoes. Add to dressing bowl with rocket leaves. Toss until well coated.



5. FINISH AND SERVE

Divide salad among plates along with fish fillets and parmesan crisps.

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

