




### Product Spotlight: Cherry Tomatoes


Did you know tomato varieties are considered an everyday super-fruit? Naturally high in lycopene, they may protect your DNA from damage, which, in turn, helps prevent various cancers.



## Peri Peri Fish with Grilled Vegetables

White fish fillets and vegetables grilled with custom-blend Peri Peri spice mix served over black rice with a zingy lime dressing.

 30 minutes

 4 servings

 Fish

18 August 2023

## Spice it up!

*Add dried chilli flakes, fresh chilli or hot sauce into the lime dressing, or a pinch of chilli powder to the peri peri spice mix to spice up this dish!*

Per serve: **PROTEIN** 31g **TOTAL FAT** 14g **CARBOHYDRATES** 67g

## FROM YOUR BOX

BLACK RICE	300g
ZUCCHINI	1
CORN COBS	2
CHERRY TOMATOES	2 x 200g
PERI PERI SPICE MIX*	1 packet
WHITE FISH FILLETS	2 packets
LIME	1

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, apple cider vinegar, maple syrup

## KEY UTENSILS

BBQ or griddle pan, frypan, saucepan

## NOTES

\*Peri peri spice mix: smoked paprika, ground coriander, dried oregano, brown sugar, ground onion powder and garlic powder.

Instead of grilling the vegetables, you can roast or pan-fry them.



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### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes or until tender. Drain and rinse with cold water.



### 2. PREPARE THE VEGETABLES

Cut zucchini into angular pieces and cut corn into cobs. Toss in a large bowl along with cherry tomatoes, **oil**, 1/2 peri peri spice, **salt and pepper**.



### 3. GRILL THE VEGETABLES

Heat a BBQ or griddle pan (see notes) over medium-high heat with **oil**. Add vegetables and cook for 6 minutes, turning occasionally, until vegetables are tender.



### 4. COOK THE FISH FILLETS

Heat a large frypan over medium-high heat. Coat fish with **oil**, remaining peri peri spice mix, **salt and pepper**. Add to pan and cook for 2-4 minutes each side.



### 5. MAKE THE LIME DRESSING

While fish cooks, zest and juice lime. Add to a bowl with **3 tbsp olive oil**, **1-2 tsp maple syrup**, **1 tbsp vinegar**, **1 tbsp water**, **salt and pepper**. Mix to combine.



### 6. FINISH AND SERVE

Divide rice among shallow bowls. Top with grilled vegetables and fish. Serve with lime dressing.

**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](mailto:hello@dinnertwist.com.au)

