



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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 lentil 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

 2 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** 47g **TOTAL FAT** 13g **CARBOHYDRATES** 36g



## FROM YOUR BOX

SPRING ONIONS	1/4 bunch *
CARROT	1
CELERY STICK	1
GARLIC CLOVE	1
GREEN LENTILS	1 packet (100g)
SNOW PEAS	1/2 bag (75g) *
ENGLISH SPINACH	1/2 bunch *
WHITE FISH FILLETS	1 packet
FETA CHEESE	1/2 packet (100g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, 1/2 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 each side or until cooked through.



### 1. SAUTÉ THE VEGETABLES

Heat a frypan over medium heat with **oil**. Slice spring onions, carrot and celery. Add to pan as you go along with **1/2 tsp dried marjoram**. Crush in 1 garlic clove.



### 2. SIMMER THE LENTILS

Stir in **1/2 crumbed stock cube** and **1 tbsp vinegar**. Add in lentils and **1 1/2 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 **1/4 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](mailto:hello@dinnertwist.com.au)

