

# MARLEY SPOON



  
**HEALTHY  
CHOICE**

## Grilled Fish with Lentil Ratatouille

 20-30min  4 Portions

Head to the South of France with this heavenly ratatouille. Traditional versions include zucchini, eggplant and capsicum, but add French blue lentils known as Le Puy and it becomes nutty, creamy and even more delicious. Crowned with a beautiful piece of grilled white fish, it's a complete and nutritious meal.

## What we send

- onion
- french blue lentils
- zucchini, green capsicum, tomato, eggplant, lemon
- garlic, parsley
- white fish fillet 4

## What you'll require

- olive oil
- sea salt and pepper
- water

## Utensils

- foil
- large deep frypan
- large saucepan
- oven tray

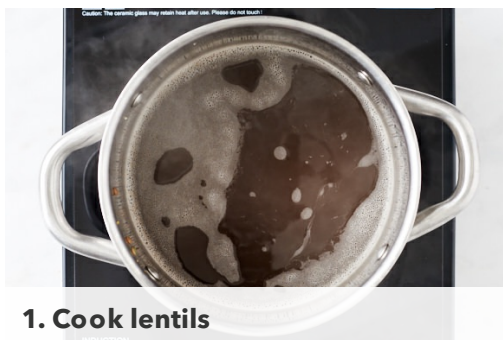
Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Fish (4). May contain traces of other allergens.

## Nutrition per serving

Energy 505kcal, Fat 17.8g, Carbs 36.8g, Proteins 42.0g



### 1. Cook lentils

Put the **lentils** and plenty of cold water in a large saucepan and bring to the boil over medium-high heat. Reduce the heat to a simmer and cook for 18-20 mins until the lentils are tender. Drain.



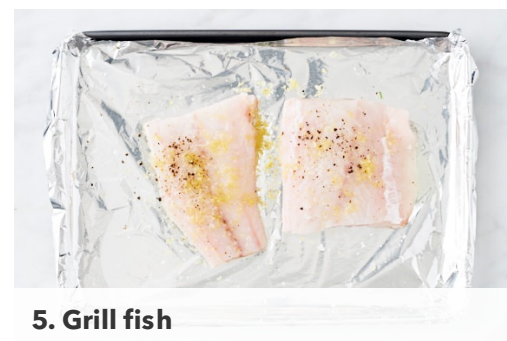
### 4. Finish ratatouille

Add the **zucchini, capsicum** and **tomato** and cook, stirring, for 2-3 mins or until the vegetables are softened. Season with **salt and pepper**, then transfer to a large bowl.



### 2. Prepare ingredients

Meanwhile, finely chop the **onion** and **garlic**. Cut the **zucchini, capsicum, tomatoes** and **eggplant** into 1.5cm chunks. Finely grate the **lemon** zest, then juice. Pick and coarsely chop the **parsley** leaves, discarding the stems.



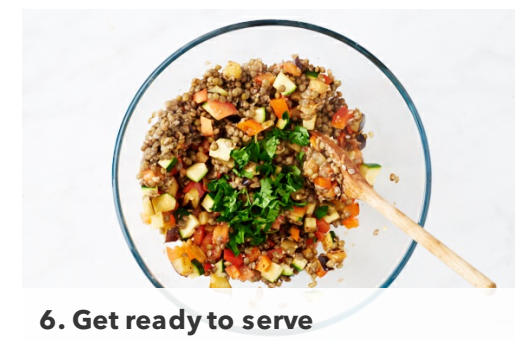
### 5. Grill fish

While the ratatouille is cooking, cut the **fish** into 4 equal portions and put on the lined oven tray. Season with **salt and pepper**, scatter over **half the zest** and drizzle over **2 tbs oil**. Grill the fish for 5-6 minutes until it flakes easily.



### 3. Start cooking ratatouille

Preheat the oven grill to high and line an oven tray with foil. Heat **2 tbs oil** in a large deep frypan over medium heat. Cook the **onion**, stirring, for 3 mins or until softened. Add the **garlic** and **eggplant**, increase the heat to high, and cook, stirring, for 3-4 mins.



### 6. Get ready to serve

Add the **lentils, parsley, lemon juice** and **remaining lemon zest** to the ratatouille mixture. Season with **salt and pepper** and stir to combine. Divide the ratatouille and **fish** among plates to serve.