

# DINNERLY



## Reduced-Carb Dukkah Basa Fish Salad with Crispy Capers and Ranch Dressing



30 minutes



2 Servings

Can we have a 'yay' from the crowd for filling proteins, seasonal veggies and good, healthy fats? Our reduced-carb recipes feature all that, and contain less than 30 grams of carbohydrates per serve!

### WHAT WE SEND

- 200g beetroot
- basa fish fillets <sup>3</sup>
- 10g capers
- 10g dukkah <sup>1,5</sup>
- 50g mixed salad leaves
- 50g yoghurt ranch dressing <sup>4</sup>

### WHAT YOU NEED

- 1½ tbs olive oil
- 1 tsp honey
- 2 eggs <sup>2</sup>
- 1 tsp white wine vinegar <sup>6</sup>

### TOOLS

- small saucepan
- oven tray
- baking paper
- medium frypan
- paper towel

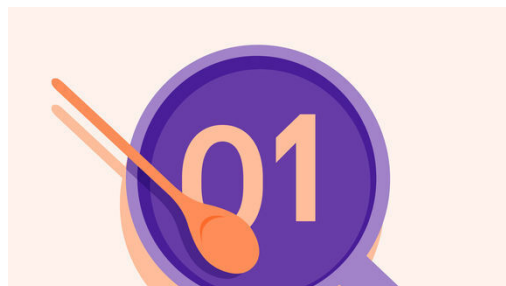
Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Almond (1), Egg (2), Fish (3), Milk (4), Sesame (5), Sulphites (6). May contain traces of other allergens.

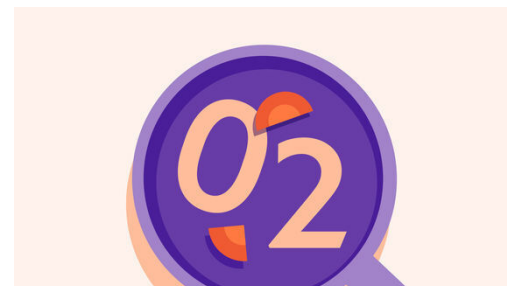
### NUTRITION PER SERVING

Energy 425kcal, Fat 27.1g, Carbs 16.6g, Protein 31.2g



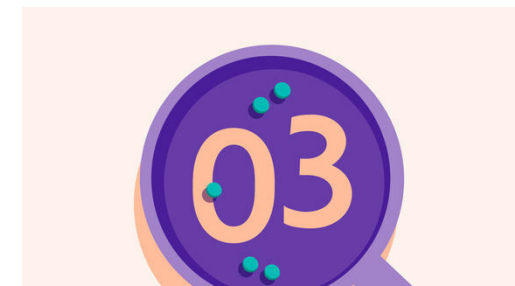
#### 1. Roast beetroot

Preheat the oven to 220C, fan-forced. Bring a small saucepan of water to the boil for the eggs. Line an oven tray with baking paper. Peel the **beetroot** and cut into thin wedges. Put the beetroot on the lined tray, drizzle with **1 tsp olive oil** and **1 tsp honey**, season with **salt and pepper** and toss to coat. Roast for 18-20 mins until tender.



#### 2. Boil eggs and prep fish

Meanwhile, cook **2 eggs** in the pan of boiling water for 6 mins for soft-boiled or 8 mins for hard-boiled. Drain, then cool in cold water. Drizzle the **fish** with **2 tsp olive oil** and season with **salt and pepper**.



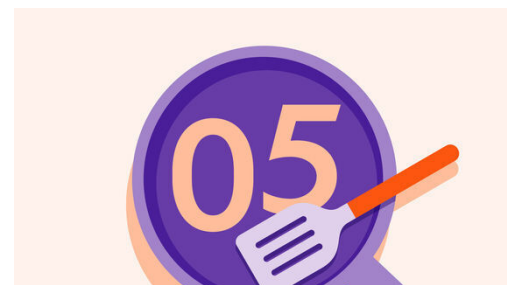
#### 3. Pan-fry capers and fish

Heat **1 tsp olive oil** in a medium frypan over medium heat. Cook the **capers**, stirring, for 2-3 mins until crispy. Remove from the pan and drain on paper towel. Cook the **fish** in the pan for 3½-4 mins each side until browned and cooked through. Add the **dukkah** and **1 tbs water** and turn the fish to coat. Remove the pan from the heat.



#### 4. Make salad and dressing

Put **2 tsp olive oil** and **1 tsp white wine vinegar** in a large bowl, season with **salt and pepper** and stir to combine. Add the **salad leaves** and **roasted beetroot** and toss to combine. Combine the **ranch dressing** and **1 tsp water** in a bowl and season with **salt and pepper**.



#### 5. Serve up

Flake the **fish** into large chunks. Peel and quarter the **eggs**. Divide the **fish**, **salad** and egg among bowls. Drizzle with the **ranch dressing**, scatter over the **capers** (see Make it yours) and enjoy!



#### 6. Make it yours

Not everyone loves capers, so feel free to serve them separately in a small bowl.