



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: FENNEL

Fennel belongs to the same family as parsley, dill and coriander. The bulb, stalk, leaves and seeds of the fennel are all edible!



1. FENNEL FISH BAKE

WITH LEMON BEANS

 30 Minutes

 2 Servings

White fish fillets baked with fresh fennel, cherry tomatoes and lemon, served on a bed of fluffy white quinoa and with a side of lemony green beans.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
43g	45g	30g

24 February 2020

FROM YOUR BOX

LEMON	1
BABY FENNEL	1
CHERRY TOMATOES	1 bag (200g)
CAPERS	1 jar
WHITE FISH FILLETS	1 packet
QUINOA	1 packet (75g)
GREEN BEANS	1 bag (125g)
FETA CHEESE	1/2 block *

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil/butter (for cooking), salt, pepper, fennel seeds

KEY UTENSILS

saucepan, oven dish, frypan

NOTES

The cooking time of the fish will depend on the thickness of the fillets. If you have thin fillets check the bake after 10 minutes.

You can also cover the oven dish with an oven tray instead of using foil.

No fish option - white fish fillets are replaced with chicken thigh fillets. Halve chicken fillets and increase cooking time to 25 minutes or until cooked through.



1. PREPARE THE VEGETABLES

Set oven to 220°C. Zest lemon to yield 1 tsp (reserve for step 4). Slice lemon. Slice the fennel (reserve fronds) and halve tomatoes. Toss together with drained capers, **1/2 tsp fennel seeds** and **1/4 cup olive oil** (or 3 tbsp butter) in an oven dish.



2. ADD THE FISH AND BAKE

Rinse and add fish fillets to bake. Season with **salt and pepper** and toss with vegetables. Cover with foil and bake for 15-20 minutes until cooked through (see notes).



3. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 15 minutes or until tender. Drain and rinse.



4. COOK THE BEANS

Meanwhile, trim beans. Add to a frypan over medium-high heat with **1/2 tbsp olive oil (or butter)**. Cook for 3-4 minutes until tender. Take off heat and toss through reserved lemon zest and crumbled feta cheese (use to taste).



5. FINISH AND PLATE

Garnish fish bake with fennel fronds. Serve with quinoa and beans.