



### Product Spotlight: Broccolini

Broccolini has a slightly sweeter and more delicate taste compared to traditional broccoli and is often favoured for its tender stems and florets. It is very popular due to the versatility in cooking.



## Baked Lemon Butter Fish

Tender white fish fillets baked with lemon, garlic and butter, served with fluffy rice, sautéed greens and a sprinkle of toasted almonds for crunch.



35 minutes



2 servings



Fish

### Jazz it up!

*You can bake the fish and vegetables in parcels to save dishes. Add some fresh chopped chilli for a more adventurous spice!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	23g	69g

## FROM YOUR BOX

BASMATI RICE	150g
LEMON	1
WHITE FISH FILLETS	1 packet
GARLIC CLOVE	1
ROSEMARY	1 sprig
BUTTER PORTIONS	2
FLAKED ALMONDS	1 packet
SNOW PEAS	150g
BROCCOLINI	1 bunch

## FROM YOUR PANTRY

oil for cooking, salt, pepper, baking paper

## KEY UTENSILS

large frypan, saucepan, oven dish

## NOTES

Rinse and pat fish dry before cooking to remove any stray scales.

Reserve 1/2 lemon to wedge and serve at the end if you prefer a stronger lemon flavour.



### 1. COOK THE RICE

Set oven to 220°C.

Place **rice** and **zest from 1/2 lemon** in a saucepan, cover with **300ml water**. Bring to a boil, cover with a lid and reduce to medium-low heat. Cook for 10–15 minutes or until **water** is absorbed. Remove from heat and let stand for 5 minutes. Fluff gently with a fork.



### 4. TOAST THE ALMONDS

Add **almonds** to a dry frypan over medium-high heat. Toast for 4–5 minutes until golden. Set aside.



### 2. PREPARE THE FISH

Coat **fish** with crushed **garlic clove**, **1 tsp chopped rosemary leaves**, **salt** and **pepper** (see notes). Place in a lined oven dish. Slice **lemon** and add on top along with **butter**.



### 3. BAKE THE FISH

Cover **fish** with **baking paper**, tucking in edges. Bake in the oven for 15–20 minutes or until cooked through.



### 5. SAUTÉ THE VEGETABLES

Trim and halve **snow peas** and **broccolini**. Add to frypan with **1 tbsp oil**. Cook for 4–5 minutes or until tender. Season with **salt** and **pepper**.



### 6. FINISH AND SERVE

Divide **rice** and **vegetables** among plates. Top with **fish fillet** and **lemon butter sauce**. Sprinkle with toasted **almonds**.



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