



Product Spotlight: Rocket Leaves

Rocket, also called arugula, has a spicy, peppery flavour and is best consumed fresh to preserve nutrients but can be stirred into risottos and warm salads too!



Fish Focaccia with Crunchy Red Dip

A crispy herb focaccia sandwich filled with flaky white fish, roasted cherry tomatoes, peppery rocket, and a tangy crunchy red dip.



30 minutes



2 servings



Fish

Bulk it up!

Want to get some extra servings or bulk up this dish? Serve with a side of potato or sweet potato wedges, or a side of sautéed green veggies.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	34g	57g

FROM YOUR BOX

CHERRY TOMATOES	200g
GARLIC	2 cloves
CRUNCHY RED DIP	1 tub
WHITE FISH FILLETS	1 packet
HERB FOCACCIAS	2-pack
ROCKET LEAVES	60g

FROM YOUR PANTRY

oil for cooking, salt, pepper, lemon pepper

KEY UTENSILS

large frypan, oven dish

NOTES

For extra veggies add sliced zucchini, eggplant or capsicum to roast with the tomatoes.

Toast focaccias in sandwich press or frypan if preferred.

Dress rocket leaves with olive oil and lemon juice or vinegar if desired.

You can add sliced cucumber, pickled onion or some crumbled cheese such as feta or goat cheese to the focaccias.

No gluten option – focaccias are replaced with GF Turkish rolls.



1. ROAST THE TOMATOES

Set oven to 220°C.

Toss **tomatoes** (see notes) in a lined oven dish with crushed **garlic**, **oil**, **salt** and **pepper**. Roast for 15–20 minutes until bursting.



2. LOOSEN THE DIP

Add **crunchy red dip** to a bowl along with **1 tbsp water** to loosen the dip. Mix to combine.



3. COOK THE FISH

Coat **fish** with **oil**, **2 tsp lemon pepper**, and **pepper**. Heat a frypan over medium-high heat. Add fish and cook for 2–4 minutes each side until cooked through.



4. WARM THE FOCACCIA

Slice **focaccia**. Warm in oven for 5 minutes (see notes).



5. FINISH AND SERVE

Build focaccias with dip, roast tomatoes, fish fillets and **rocket leaves** (see notes).



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