



Product Spotlight: Fennel

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



Fish in Crazy Water

with Garlic Bread

Poached fish fillets in a flavourful fresh tomato and fennel broth, served with garlic bread and green beans.



30 minutes



2 servings



Fish

Add a little extra!

Garnish this dish with a wedge of lemon and fresh dill or parsley at the end if you have some. Cook your beans in some garlic or with lemon zest if preferred!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	22g	45g

FROM YOUR BOX

FENNEL	1
TOMATO	1
TINNED CHOPPED TOMATOES	400g
SOURDOUGH ROLLS	2-pack
GARLIC CLOVE	1
GREEN BEANS	150g
WHITE FISH FILLETS	1 packet

FROM YOUR PANTRY

olive oil, butter, salt, pepper, dried oregano, 1 stock cube (of choice)

KEY UTENSILS

large frypan with lid, frypan

NOTES

You can use olive oil for the garlic bread instead of butter if preferred.

The size of the fennel may vary, use to taste if you have a large one. Remove the outer layer of the fennel. Quarter bulb and remove the core. Keep some fronds for garnish.

Grate the butter to soften it quickly. If you're short on time just serve rolls with plain butter.

No gluten option – bread rolls are replaced with GF bread rolls.



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1. SAUTÉ THE VEGETABLES

Set oven to 220°C. Take **50g butter** out to soften (see notes).

Heat a large frypan with **olive oil** over medium-high heat. Slice fennel (see notes) and dice tomato. Add to pan as you go with **1 tsp oregano**. Cook for 3–4 minutes or until softened.



4. COOK THE BEANS

Heat a second frypan over medium-high heat. Trim and add beans along with **2 tbsp water**. Cook for 3–5 minutes, until tender or cooked to your liking. Season with **salt and pepper**.



2. SIMMER THE BROTH

Add tinned tomatoes, **1 tin water (400ml)**, **1/2 crumbled stock cube** and **2 tbsp olive oil**. Simmer, semi-covered, for 12 minutes.



5. ADD THE FISH

Rinse and add fish fillets (whole) to the tomato broth and poach for 3–5 minutes, covered, or until cooked through. Season to taste with **salt and pepper**.



3. MAKE THE GARLIC BREAD

Cut bread rolls in slices 3/4 way through. Crush garlic clove and mix with **1/2 tsp oregano**, **50g softened butter** and a pinch of **salt** (see notes). Spread the garlic butter into the cuts and warm in the oven for 5–7 minutes.



6. FINISH AND SERVE

Serve fish and broth in bowls with green beans and garlic bread. Garnish fish with reserved fennel fronds.

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