

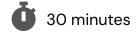




Fish Puttanesca

with Garlic Bread

Fresh white fish fillets poached in a quick and delicious puttanesca sauce with garlic and olives. Served alongside sautéed greens and a delicious herby garlic ciabatta.





2 servings



Instead of making oven-baked garlic bread, you can dice the bread and fry in a little oil and garlic in a frypan to make crispy croutons. Or, simply serve the bread on the side as-is!

FROM YOUR BOX

BROWN ONION	1
GARLIC CLOVES	2
CHOPPED TOMATOES	400g
BASIL	20g
CIABATTA LOAF	1
PITTED OLIVES	1 jar
WHITE FISH FILLETS	1 packet
BROCCOLI	1
CARROT	1

FROM YOUR PANTRY

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

KEY UTENSILS

frypan with lid, frypan, oven tray

NOTES

You can add the broccoli and carrot into the fish stew at step 2 instead of you prefer!

No gluten option - bread loaf are replaced with GF flatbread.





1. SAUTÉ THE ONION

Set oven to 220°C and take out **butter** for step 3 to soften.

Heat a large pan with 1 tbsp olive oil and 1 tbsp butter over medium-high heat. Finely chop onion and crush 1 garlic clove, add to pan with 1 tsp oregano and cook for 3-4 minutes.



4. ADD THE FISH & OLIVES

Meanwhile, halve olives and rinse fish fillets. Add into tomato sauce and cook, covered, for 5 minutes or until cooked through. Season to taste with salt and pepper.



2. SIMMER THE SAUCE

Add chopped tomatoes, 1 cup water and 1/2-1 crumbled stock cube. Simmer, semi-covered, for 10 minutes (see notes).



3. MAKE THE GARLIC BREAD

Crush 1 garlic clove and chop half the basil. Mix with 2 tbsp butter, 1/2 tbsp olive oil and a pinch of salt. Halve ciabatta lengthways and place on a lined oven tray. Spread with garlic mixture and bake for 5-7 minutes or until golden and crispy.



5. COOK THE VEGGIES

Cut **broccoli** into small florets and slice **carrot**. Add to a frypan with **1/3 cup water**. Bring to a boil, cover and simmer for 5 minutes or until softened to your liking. Transfer to a serving bowl, drizzle with **olive oil**, **salt and pepper**.



6. FINISH AND SERVE

Serve fish puttanesca with broccoli, carrot and garlic bread. Garnish with remaining fresh basil leaves.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



