



Product Spotlight: Abhi's Ciabatta Loaf

The bread used in this recipe is baked fresh by artisan baker Abhi's Bread, right here in Perth!



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.



30 minutes



2 servings



Fish

No oven cooking

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!

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 40g | 14g | 93g |

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

Prefer everything cooked in the stew? Add the broccoli and carrots in Step 2 instead. If adding them later at Step 5, slice the carrots thinly so they cook in time, or pop them in 2–3 minutes before the broccoli.

No gluten option – bread loaf is replaced with GF flatbread.



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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.



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 butter** and bake for 5–7 minutes or until golden and crispy.



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**.



5. COOK THE VEGGIES

Cut **broccoli** into small florets and slice **carrot**. Add to a frypan with **1/3 cup water**. Bring to the boil, cover and simmer or 5 minutes or until softened to your liking (see notes). 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**.

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