



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!



Tomato Bruschetta Fish with Toasted Sourdough Rolls

Fresh WA fish fillets cooked in a delicious fresh tomato sauce with white beans, basil and garlic. Served with toasty sourdough rolls and dressed rocket leaves.



25 minutes



2 servings



Fish

Make subs!

Toast the bread rolls and spread with aioli or cream cheese. Fill them with sliced tomatoes, cooked garlic butter fish fillets, fresh basil and rocket leaves.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	13g	50g

FROM YOUR BOX

TOMATOES	2
TINNED CANNELLINI BEANS	400g
GARLIC CLOVES	2
FRESH BASIL	20g
WHITE FISH FILLETS	1 packet
SOYDOUGH ROLLS	2-pack
ROCKET LEAVES	120g

FROM YOUR PANTRY

oil + butter for cooking, olive oil, salt, pepper, dried oregano, balsamic vinegar

KEY UTENSILS

frypan with lid, oven tray

NOTES

You can spray or lightly pat the bread rolls with a little water before you cook them in the oven for extra crunch. If you have some extra time, make garlic bread!

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



1. MARINATE THE TOMATOES

Set oven to 200°C.

Dice **tomatoes**, drain and rinse **beans**. Combine with **2 tbsp olive oil**, crushed **garlic**, sliced **basil** leaves (reserve some for garnish), **1 tsp dried oregano, salt and pepper**. Set aside to marinate.



2. COOK THE FISH

Heat a frypan with **oil** over medium-high heat. Season **fish fillets** with **salt and pepper**. Cook on each side for about 2-3 minutes until golden brown. Remove from the pan and set aside, keep pan over medium heat.



3. MAKE THE SAUCE

Add the tomato and bean mixture to the pan with **1/3 cup water** and **2 tbsp butter**. Simmer over low heat, semi-covered, for 10 minutes. Season to taste with **salt and pepper**.



4. WARM THE BREAD

Warm the **bread rolls** in the oven for 5-7 minutes or until golden (see notes).



5. RETURN THE FISH FILLETS

Add the fish fillets back in. Spoon the sauce over top of the fish and allow to warm through. Take off heat.



6. FINISH AND SERVE

Dress **rocket** leaves with **olive oil** and **balsamic vinegar**.

Serve fish fillets with pan sauces, sliced bread rolls and dressed rocket leaves.



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