



Product Spotlight: Broccolini

Broccolini has a slightly sweeter and more delicate taste compared to traditional broccoli and is often favoured for its tender stems and florets. It is very popular due to the versatility in cooking.



Baked Lemon Butter Fish

Tender white fish fillets baked with lemon, garlic and butter, served with fluffy rice, sautéed greens and a sprinkle of toasted almonds for crunch.



35 minutes



4/6 servings



Fish

Jazz it up!

You can bake the fish and vegetables in parcels to save dishes. Add some fresh chopped chilli for a more adventurous spice!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	36g	19g	67g/70g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
LEMON	1	2
WHITE FISH FILLETS	2 packets	3 packets
GARLIC CLOVE	1	2
ROSEMARY SPRIG	1	2
BUTTER PORTIONS	3	4
FLAKED ALMONDS	1 packet	2 packets
SNOW PEAS	150g	2 x 150g
BROCCOLINI	1 bunch	2 bunches

FROM YOUR PANTRY

oil for cooking, salt, pepper, baking paper

KEY UTENSILS

large frypan, saucepan, oven dish

NOTES

Rinse and pat fish dry before cooking to remove any stray scales.

Reserve 1/2 lemon to wedge and serve at the end if you prefer a stronger lemon flavour.



1. COOK THE RICE

Set oven to 220°C.

Place **rice** and **lemon zest** in a saucepan, cover with **600ml water**. Bring to a boil, cover with a lid and reduce to medium-low heat. Cook for 10–15 minutes or until **water** is absorbed. Remove from heat and let stand for 5 minutes. Fluff gently with a fork.

6P – cover rice with 900ml water.



4. TOAST THE ALMONDS

Add **almonds** to a dry frypan over medium-high heat. Toast for 4–5 minutes until golden. Set aside.



2. PREPARE THE FISH

Coat **fish** with **crushed garlic**, chopped **rosemary leaves**, **salt** and **pepper** (see notes). Place in a lined oven dish. Slice **lemon** and add on top along with **butter**.

6P – use lemon to taste.



3. BAKE THE FISH

Cover **fish** with **baking paper**, tucking in edges. Bake in the oven for 15–20 minutes or until cooked through.



5. SAUTÉ THE VEGETABLES

Trim and halve **snow peas** and **broccolini**. Add to frypan with **1 tbsp oil**. Cook for 4–5 minutes or until tender. Season with **salt** and **pepper**.

6P – add snow peas and broccolini to frypan with 2 tbsp oil.



6. FINISH AND SERVE

Divide **rice** and **vegetables** among plates. Top with **fish fillet** and **lemon butter sauce**. Sprinkle with **toasted almonds**.



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