



### 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



4/6 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
	35g	10g	63g/72g
4/6 Person:			

## FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
GARLIC CLOVES	2	3
CHOPPED TOMATOES	400g	2 x 400g
BASIL	20g	20g
CIABATTA LOAF	1	2
PITTED OLIVES	1 jar	1 jar
WHITE FISH FILLETS	2 packets	3 packets
BROCCOLI	1	2
CARROTS	2	2

## FROM YOUR PANTRY

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

## KEY UTENSILS

large 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.**



### 1. SAUTÉ THE ONION

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

Heat a large deep pan with **1 tbsp olive oil and 2 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.

**6P – use 2 tsp oregano.**



### 2. SIMMER THE SAUCE

Add **chopped tomatoes, 1 tin water (400ml)** and **1 crumbled stock cube**. Simmer, semi-covered, for 10 minutes (see notes).



### 3. MAKE THE GARLIC BREAD

Crush **1 garlic clove** and chop **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.

**6P – crush 2 garlic cloves and chop basil. Mix with 4 tbsp butter, 1 tbsp olive oil and a pinch of salt.**



### 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 thinly slice **carrots**. Add to a frypan with **1/2 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**.



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