



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Lemon


Thanks to its anti-bacterial properties, lemon juice mixed with hot water is a great remedy for a sore throat!




E2

Garlic Fish with Tuscan Beans and Gremolata

This Mediterranean inspired dish is on the table in a flash! Fish fillets seasoned with crushed garlic served over warm vegetables and beans with herbaceous, zingy gremolata and pine nuts.

 20 minutes

 2 servings

 Fish

8 July 2022

Spice it up!

Mix 1 tbsp softened butter with crushed garlic and 1 finely sliced chilli (or 1 tsp dried chilli flakes). Season fish fillets with salt and pepper. Add garlic chilli butter to pan to cook with fish.

Per serve: **PROTEIN** 44g **TOTAL FAT** 40g **CARBOHYDRATES** 4g

FROM YOUR BOX

FENNEL	1
CHERRY TOMATOES	1 bag (200g)
GREEN BEANS	1 bag (150g)
TINNED BEANS	400g
WHITE FISH FILLETS	1 packet
PARSLEY	1 packet
LEMON	1
PINE NUTS	1 packet (20g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 garlic clove, dried rosemary

KEY UTENSILS

2 frypans

NOTES

Toast pine nuts in a frypan pan until golden if desired.



1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Thinly slice fennel (reserve any fronds for step 4). Halve cherry tomatoes and add to pan as you go. Sauté for 3 minutes.



2. ADD THE BEANS

Trim and halve green beans. Add to pan along with **1 tsp rosemary** and tinned beans (including liquid). Simmer, semi-covered, for 10 minutes. Season with **salt and pepper**.



3. COOK THE FISH FILLETS

Heat a second frypan over medium-high heat. Crush **garlic**. Coat fish fillets in **oil**, **crushed garlic**, **salt and pepper**. Add to pan and cook for 2-4 minutes until fish is cooked through.



4. MAKE THE GREMOLATA

Finely chop parsley leaves and any reserved fennel fronds. Add to a bowl. Zest lemon, add to bowl along with juice from 1/2 lemon (wedge remaining). Season with **salt and pepper**. Stir to combine.



5. FINISH AND SERVE

Divide simmered beans among shallow bowls. Top with fish fillets. Sprinkle over gremolata and garnish with pine nuts (see notes).

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

