



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!




E4

## 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

 4 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 (400g)   |
| GREEN BEANS        | 1 bag (250g)   |
| TINNED BEANS       | 2 x 400g       |
| WHITE FISH FILLETS | 2 packets      |
| 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 **2 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](mailto:hello@dinnertwist.com.au)

