



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Green Beans


The world's largest portion of green bean casserole was made in America and weighed a whopping 458 kilos! It contained around 125,000 green beans. That's a few more than what you're cooking tonight!



## 1 Crazy Water Fish

White WA-caught fish fillets blanched in crazy water (a delicate tomato & veggie broth)! Served with crunchy homemade garlic bread.

 30 minutes

 2 servings

 Fish

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## Make it creamy

*Instead of serving the tomato broth with chunky veggie pieces, you can make it creamy. Cook fish & veggies as per the recipe, but remove the fish just before serving and blend the broth in a food processor. Then, return the fish or serve it on the side.*



## FROM YOUR BOX

COURGETTES	2
SPRING ONIONS	2
GARLIC CLOVES	2
THYME	1/2 packet *
TOMATOES	2
CHOPPED TOMATOES	400g
SOURDOUGH ROLLS	2-pack
GREEN BEANS	1 bag (150g)
LEMON	1/2 *
WHITE FISH FILLETS	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, butter (optional), salt, pepper, stock cube, dried oregano

## KEY UTENSILS

deep frypan, oven tray, small frypan/saucepan

## NOTES

Instead of blanching the green beans in a separate pan, you can add them to the tomato broth with the fish in step 5.

**No fish option - white fish fillets are replaced with diced chicken breast fillet.** Add at the end of step 1.

**No gluten option - sourdough rolls are replaced with GF rolls.**



### 1. FRY THE VEGGIES

Set oven to 220°C.

Heat a deep pan with **1 1/2 tbsp olive oil** over medium-high heat. Slice and add courgettes and spring onions with 1 crushed garlic clove. Cook for 2-3 minutes.



### 4. BLANCH THE BEANS

Trim and halve beans. Add to a heated frypan/saucepan with **2 tbsp water** (see notes). Cover and cook for 2-3 minutes or until cooked to your liking. Drain, transfer to a serving bowl, and toss with **1/2 tbsp olive oil** and juice from 1/2 lemon.



### 2. ADD THE TOMATOES

Roughly chop thyme leaves to yield 1/2 tsp and dice tomatoes. Add to pan with tinned tomatoes, **1 tin water and stock cube**. Simmer semi-covered for 15 minutes.



### 5. ADD THE FISH

Add the whole fish fillets to the broth and poach for 3-4 minutes, covered, or until cooked through. Season with **salt and pepper**.



### 3. MAKE THE GARLIC BREAD

Halve the rolls and place on a lined oven tray. Crush 1 garlic clove, mix with **1/2 tsp oregano and 2 tbsp oil/butter**. Spread onto rolls and bake in the oven for 5-10 minutes.



### 6. FINISH AND PLATE

Serve fish and broth in bowls with beans and garlic breads.

**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**

