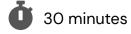




## Crispy Garlic Fish Toasts

## with Capsicum and Roasted Eggplant Dip

Toasted garlic breads, spread with capsicum eggplant dip, topped with flaked fish and sweet cooked onion and cherry tomatoes. A tasty and easy way to convince the family that fish is fun to eat.





2 servings



Fish

# Time saven!

Instead of making garlic toasts, simply slice and toast the bread in a toaster or sandwich press. Add the crushed garlic and parsley to the onion/tomato mix.

#### FROM YOUR BOX

GARLIC	2 cloves
PARSLEY	1/2 bunch *
RYE/WHOLEMEAL LOAF	1
BROWN ONION	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
GREEN CAPSICUM	1/2 *
BABY LEAVES AND BEETROOT	1/2 bag *
CAPSICUM DIP	1 tub
WHITE FISH FILLETS	1 packet

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, dried oregano

#### **KEY UTENSILS**

frypan, oven tray

#### **NOTES**

If using salted butter you will not need to add salt.

Slice and use bread to taste.

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through. Shred with 2 forks.

No gluten option - bread is replaced with GF bread.



#### 1. MAKE THE GARLIC TOASTS

Set oven to 220°C.

Crush garlic and chop parsley to yield 2 tbsp. Mix with 3 tbsp butter/oil, salt and pepper (see notes). Slice bread and spread with garlic butter mix. Place onto an oven tray and cook for 3-5 minutes until golden and crunchy.



## 2. COOK THE ONION

Heat a frypan with **1 tbsp oil** over medium high-heat. Slice onion and halve cherry tomatoes, adding to pan as you go along with **1 tsp oregano**. Cook for 5 minutes until softened. Remove to a bowl, keep pan over heat for step 4.



#### 3. PREPARE FRESH SIDES

While tomatoes are cooking, slice capsicum and arrange on a plate with leaves and dip.



## 4. COOK THE FISH

Rub fish with **oil**, **salt and pepper**. Cook for 3-4 minutes each side or until cooked through.



## 5. FLAKE THE FISH

Use two forks to flake the fish into small pieces. Return onion and tomatoes to pan and toss together Season with **salt and pepper** to taste.



## 6. FINISH AND PLATE

Arrange all components on a serving plate and take to the table for everyone to help themselves.

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



