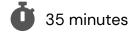




# Fish Stew

# with Garlic Toast

Satisfying stew with eggplant, courgettes, carrot and fresh white fish fillets, served with crunchy garlic toast.





2 servings



# Family-friendly alternatives

If preferred, pan-fry the eggplant on the side. You can add 1 tin of beans (like cannellini or butter beans) to the stew. Or, before adding the fish, blend the cooked stew to make a smooth sauce.

#### FROM YOUR BOX

LEEK	1/2 *
GARLIC CLOVES	2
CARROT	1
GOURMET EGGPLANT	1
COURGETTES	2
CHOPPED TOMATOES	400g
5-SEED BREAD LOAF	1
PARSLEY	1/3 bunch *
WHITE FISH FILLETS	1 packet

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

#### FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, balsamic vinegar, fennel seeds, dried oregano (see notes)

#### **KEY UTENSILS**

frypan, oven tray

#### **NOTES**

Instead of oregano, you can use dried thyme, rosemary, Italian mixed herbs, or even sage.

Instead of using the oven, you can warm the bread in a sandwich press or in a frypan.

If you have any mozzarella or cheddar, you can add this onto the toasts before warming.

No fish option - white fish fillets are replaced with diced chicken breast. Add with vegetables in step 2.

No gluten option - bread loaf is replaced with GF bread.



## 1. COOK THE LEEK

Preheat the oven to 220°C (see notes).

Heat a frypan with 1 tbsp oil over mediumhigh heat. Slice and add leek with 1\_crushed garlic clove, 1 tsp oregano and 1/2 tsp fennel.



## 2. ADD THE VEGETABLES

Cut carrot into crescents, dice eggplant and slice courgettes into rounds. Add to pan as you go with chopped tomatoes, 1/2 tbsp vinegar and 1/2 tin water. Cover and simmer for 10–15 minutes.



# 3. MAKE THE TOAST

Thickly slice bread (to taste) and place on a lined oven tray. Chop parsley (keep some for garnish) and mix with 1 crushed garlic clove, 1 1/2 tbsp butter/olive oil, salt and pepper. Spread onto bread (see notes) and bake for 3-5 mins until golden and crunchy.



# 4. ADD THE FISH

Dice fish into bite-sized pieces. Add to stew, cover, and simmer for a further 3-4 minutes or until cooked through. Season with salt and pepper.



# 5. FINISH AND PLATE

Serve fish stew into bowls, sprinkle with reserved parsley, and enjoy with garlic toasts.

**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** 



