



DINNER TWIST  
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### Product Spotlight: 5-Seed Bread Loaf


This recipe comes with freshly baked bread. It's crafted with love by artisan bakery Abhi's Bread right here in Perth.



## 1 Fish Stew with Garlic Toast

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

 35 minutes

 2 servings

 Fish

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### 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

*\*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 medium-high 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**

