



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Sourdough Bread

Sourdough is commonly made by the fermentation of dough, using naturally occurring lactobacillaceae and yeast. This gives the bread a sour taste and improves its keeping time.



1 Italian Fish with Garlic Bread

Simply cooked fish fillets with a tasty tomato and olive sauce. Served with crunchy garlic bread.

 30 minutes

 2 servings

 Fish

5 November 2021

Mix it up!

Flake the fish and fold through the sauce to serve. Spoon over the toasts.

FROM YOUR BOX

RED ONION	1/2 *
GARLIC CLOVES	2
ZUCCHINI	1/2 *
CHOPPED TOMATOES	400g
OLIVES	1 jar
SOUSDOUGH LOAF	1
WHITE FISH FILLETS	1 packet
BABY COS LETTUCE	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

frypan x 2, oven tray

NOTES

You can add some chilli flakes or lemon pepper to the fish for extra flavour.

Dress leaves with olive oil and balsamic vinegar if desired.

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.

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



1. COOK THE ONION

Set oven to 220°C.

Heat a frypan over medium heat with **2 tbsp olive oil**. Slice and add onion with 1 clove chopped garlic and **2 tsp oregano**. Cook for 2-3 minutes until softened.



2. SIMMER THE SAUCE

Dice and add zucchini along with tomatoes, drained olives and **1 tin of water**. Simmer uncovered for 10 minutes. Season to taste with **salt and pepper**.



3. MAKE THE GARLIC BREAD

Mix **3 tbsp butter/oil** with 1 crushed garlic clove, **1 tsp oregano, salt and pepper**. Slice bread (use to taste) and spread with garlic mix. Place on a lined oven tray and cook for 3-4 minutes until golden and crunchy.



4. COOK THE FISH

Heat a second frypan over medium-high heat. Rub fish with **oil, salt and pepper** (see notes). Cook for 3-4 minutes each side or until cooked through.



5. FINISH AND SERVE

Rinse and roughly chop lettuce.

Serve fish and sauce with garlic bread and cos lettuce on the side (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

