



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

 4 servings

 Fish

19 October 2020

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

ZUCCHINI	1
SPRING ONIONS	1/2 bunch *
GARLIC CLOVES	3
THYME	1/2 packet *
TOMATOES	3
CHOPPED TOMATOES	400g
SOURDOUGH ROLLS	2-pack
GREEN BEANS	1 bag (250g)
LEMON	1/2 *
WHITE FISH FILLETS	2 packets

**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 **3 tbsp olive oil** over medium-high heat. Slice and add zucchini and spring onions with **2** crushed garlic cloves. Cook for 2-3 minutes.



2. ADD THE TOMATOES

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



3. MAKE THE GARLIC BREAD

Halve the rolls and place on a lined oven tray. Crush remaining 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.



4. BLANCH THE BEANS

Trim and halve beans. Add to a heated frypan/saucepan with **1/4 cup 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 tbsp olive oil** and juice from 1/2 lemon.



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**.



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**

