



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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.


Abhi's bread



1 Fish Stew with Garlic Toast

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

 35 minutes

 4 servings

 Fish

18 June 2021

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
CARROTS	2
SMALL EGGPLANT	1
COURGETTES	2
CHOPPED TOMATOES	400g
5-SEED BREAD LOAF	1
PARSLEY	1/3 bunch *
WHITE FISH FILLETS	2 packets

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

large 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 **2 tbsp oil** over medium-high heat. Slice and add leek with **1 crushed garlic clove, 2 tsp oregano and 1 tsp fennel.**



2. ADD THE VEGETABLES

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



3. MAKE THE TOAST

Thickly slice bread and place on a lined oven tray. Chop parsley (keep some for garnish) and mix with 1 crushed garlic clove, **3 tbsp butter/olive oil, salt and pepper.** Spread on 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**

