



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Green olives


These green bites of goodness are packed with healthy fats. They have a mild, salty and slightly bitter flavour, and we can't get enough. Any leftover olives are great in sandwiches, salads, on pizzas or as a snack!



1 Italian Braised Fish

Ciao, and welcome to your at-home Italian restaurant! The chef's special of the day is braised fish with roasted baby potatoes, fennel and a tomato-olive sauce. Buon appetito!

 30 minutes

 4 servings

 Fish

13 July 2020

Mamma mia! 

Get the kids to set the table for tonight's meal. Find a red & white tablecloth, put on Italian music, light some candles, and practice your Italian dinner-time words! (Did anyone say mangiamo?) And why not spend family dinner time talking about all things Italy and Italian cuisine? It's a great time to learn.

FROM YOUR BOX

BABY POTATOES	800g
FENNEL	1
RED ONION	3/4 *
CELERY STICKS	2
CARROT	1
DICED TOMATOES	400g
WHITE FISH FILLETS	2 packets
GREEN OLIVES	1/2 jar *
BASIL	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil (for cooking), salt, pepper, fennel seeds, balsamic vinegar, sugar (of choice)

KEY UTENSILS

oven tray, large frypan

NOTES

Instead of fennel seeds, you can add dried oregano or basil, or even 1-2 cloves of crushed garlic.

If you or someone you're cooking for doesn't love a chunky sauce, you can grate the onion, celery and carrot.

No fish option - white fish fillets are replaced with diced chicken breast fillet. Increase cooking time to 6-8 minutes or until cooked through.



1. COOK POTATOES & FENNEL

Set oven to 220°C.

Halve potatoes and wedge fennel, toss with **oil, salt and pepper** on a lined oven tray. Roast in the oven for 20-25 minutes or until golden.



2. SAUTÉ THE VEGETABLES

Heat a frypan with **2 tbsp oil** over medium-high heat. Slice and add onion with **2 tsp fennel seeds** (see notes). Cook for 4-5 minutes, then slice and add celery and carrot (see notes).



3. SIMMER THE SAUCE

Add tomatoes, **1 cup water, 1 tsp sugar and 1 tbsp balsamic vinegar**. Cover and simmer for 10 minutes.



4. ADD THE FISH

Wash and season fish with **salt and pepper**. Place into sauce, sprinkle over olives, cover, and cook for a further 3-5 minutes or until fish is cooked through.



5. FINISH AND PLATE

Roughly chop basil.

Divide potatoes and fennel between plates. Spoon over fish and sauce. Sprinkle with chopped basil.

È delizioso!

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

