



Product Spotlight: Lemon

Thanks to its anti-bacterial properties, lemon juice mixed with hot water is a great remedy for a sore throat!



Garlic Fish with Tuscan Beans and Gremolata

This Mediterranean inspired dish is on the table in a flash! Fish fillets seasoned with crushed garlic, served over warm vegetables and beans with herbaceous, zingy gremolata and pine nuts.



25 minutes



2 servings



Fish

Spice it up!

Mix 1 tbsp softened butter with crushed garlic and 1 finely sliced chilli (or 1 tsp dried chilli flakes). Season fish fillets with salt and pepper. Add garlic chilli butter to pan to cook with fish.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	11g	49g

FROM YOUR BOX

FENNEL	1
CHERRY TOMATOES	200g
GREEN BEANS	150g
TINNED BEANS	400g
GARLIC CLOVE	1
WHITE FISH FILLETS	1 packet
PARSLEY	1 packet
LEMON	1
PINE NUTS	20g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried rosemary

KEY UTENSILS

2 frypans

NOTES

Toast pine nuts in a frypan pan until golden if desired.



1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Thinly slice **fennel** (reserve any fronds for step 4). Halve **cherry tomatoes** and add to pan as you go. Sauté for 3 minutes.



2. ADD THE BEANS

Trim and halve **green beans**. Add to pan along with **1 tsp rosemary** and tinned **beans** (including liquid). Simmer, semi-covered, for 10 minutes. Season with **salt and pepper**.



3. COOK THE FISH FILLETS

Heat a second frypan over medium-high heat. Crush **garlic**. Coat **fish fillets** in **oil**, crushed garlic, **salt and pepper**. Add to pan and cook for 2-4 minutes until fish is cooked through.



4. MAKE THE GREMOLATA

Finely chop **parsley** leaves and any reserved fennel fronds. Add to a bowl. Zest **lemon**, add to bowl along with juice from 1/2 lemon (wedge remaining). Season with **salt and pepper**. Stir to combine.



5. FINISH AND SERVE

Divide simmered beans among shallow bowls. Top with fish fillets. Sprinkle over gremolata and garnish with **pine nuts** (see notes).



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