



Product Spotlight: Sicilian Olives


Sicilian olives are bright green with meaty, buttery flesh and a mild slightly sweet flavour. Delicious in a meal or just as a snack!



Lemon Fish with Mediterranean Vegetables and White Bean Puree

This one-pan dish is bright and delicious with white fish fillets pan-fried with lemon zest, served with sautéed mediterranean vegetables and Sicilian olives over a creamy white bean puree.

 30 minutes

 2 servings

 Fish

Switch it up!

If you don't want to get the stick mixer out, use a fork to mash the beans with remaining ingredients, or skip the puree altogether and add beans whole to vegetables to cook.

Per serve: **PROTEIN** 29g **TOTAL FAT** 5g **CARBOHYDRATES** 36g

FROM YOUR BOX

SICILIAN OLIVES	1 jar
TINNED CANNELLINI BEANS	400g
LEMON	1
GARLIC CLOVES	2
FENNEL	1
CHERRY TOMATOES	200g
WHITE FISH FILLETS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

large frypan, stick mixer (or small blender)

NOTES

Halve or crush olives if desired.

Want to bulk this dish up? Serve with garlic bread, cooked grains such as quinoa or sorghum, or add zucchini, capsicum or other veggies to the frypan.



1. PREPARE THE INGREDIENTS

Drain **olives** (see notes). Drain and rinse **white beans**. Zest lemon to yield 2 tsp, crush **garlic**, thinly slice **fennel** (reserve any fronds for garnish) and halve **cherry tomatoes**.



4. COOK THE VEGETABLES

Add extra **oil** to the pan. Add **fennel**, **remaining garlic**, **cherry tomatoes** and **2 tsp oregano** to pan. Sauté for 5 minutes until tender. Add **olives** and **1/4 cup water**. Cook, semi-covered, for further 5 minutes. Season to taste with **salt and pepper**.



2. MAKE WHITE BEAN PUREE

Use a stick mixer to blend **white beans**, **juice from 1/2 lemon** (wedge remaining) and **1/2 crushed garlic** to combine. Pour in **1/4 cup olive oil**, **2 tbsp water** and season with **salt and pepper**. Blend further to combine.



5. FINISH AND SERVE

Spoon **bean puree** onto base of shallow bowls. Top with **fish** and **sautéed vegetables**. Serve with **lemon wedges** and any **reserved fennel fronds**.



3. COOK THE FISH

Coat **fish** with **lemon zest**, **salt and pepper**. Heat a large frypan over medium-high heat with **oil**. Add **fish** and cook for 2-4 minutes each each side. Remove **fish** and keep pan over heat.



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