



### 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 | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 31g     | 21g       | 29g           |

## FROM YOUR BOX

|                    |          |
|--------------------|----------|
| SICILIAN OLIVES    | 1 jar    |
| WHITE 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 **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, 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 a 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 1/3 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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