



### Product Spotlight: Green Beans

Unlike fruits which become sweeter the longer they stay on the tree or bush, beans are sweetest when young.



## Za'atar Fish

### with Green Bean and Artichoke Salad

White fish fillets cooked with a flavourful Middle-Eastern za'atar spice mix served alongside a brown rice and green bean salad dressed with lemon and yoghurt.

## Switch it up!

*Serve the yoghurt on the side if preferred. You can dress the salad with a lemon vinaigrette instead. Add some garlic to the yoghurt or a fresh herb such as dill or parsley for extra flavour.*



30 minutes



4 servings



Fish

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	31g	16g	31g

## FROM YOUR BOX

BROWN RICE	150g
GREEN BEANS	250g
NATURAL YOGHURT	1 tub
LEMON	1
SLIVERED ALMONDS	1 packt (40g)
WHITE FISH FILLETS	2 packets
ZA'ATAR SPICE MIX	1 packet
CHERRY TOMATOES	1 packet (200g)
TINNED ARTICHOKEs	400g
ROCKET LEAVES	1 bag (60g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

Rinse and pat fish dry before cooking. This will remove any stray scales.

*Za'atar spice mix: sesame seeds, sumac, dried oregano, potato fibre, dried coriander, salt, canola oil, food acid.*



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### 1. COOK THE RICE AND BEANS

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15 minutes. Trim and halve beans, add to pan to simmer for 5 minutes. Drain and rinse in cold water.



### 2. PREPARE THE DRESSING

In a large bowl, combine **2 tbsp olive oil**, yoghurt, and zest and juice of 1/2 lemon (wedge remaining).



### 3. TOAST THE ALMONDS

Add almonds to a dry frypan over medium-high heat. Toast for 3-5 minutes until golden. Set aside.



### 4. COOK THE FISH

Coat fish with za'atar spice, **oil, salt and pepper** (see notes). Cook in a frypan over medium-high heat for 3-4 minutes each side or until cooked through.



### 5. TOSS THE SALAD

Halve tomatoes. Drain and roughly chop artichokes. Add to dressing bowl along with cooked rice and beans. Toss to combine. Season with **salt and pepper** to taste.



### 6. FINISH AND SERVE

Divide rocket leaves, bean salad and fish among plates. Garnish with almonds and serve with a lemon wedge.

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