



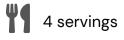


# Za'atar Fish

# 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.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

1g 16g

g

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.





### 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 <u>1/2 lemon</u> (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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