



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
 4/6 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** 32g **TOTAL FAT** 12g **CARBOHYDRATES** 39g

FROM YOUR BOX

	4 PERSON	6 PERSON
FENNEL	1	2
CHERRY TOMATOES	2 x 200g	3 x 200g
GREEN BEANS	250g	250g + 150g
BUTTER BEANS	2 x 400g	2 x 400g
GARLIC CLOVE	1	2
WHITE FISH FILLETS	2 packets	3 packets
PARSLEY	1 packet	2 packets
LEMON	1	2
PINE NUTS	20g	2 x 20g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried rosemary (see notes)

KEY UTENSILS

2 frypans

NOTES

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

You can use fresh rosemary if you have in your garden!



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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 **2 tsp rosemary** and tinned **butter beans** (including liquid). Simmer, semi-covered, for 10 minutes. Season with **salt and pepper**.

6P – use 3 tsp rosemary.



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.

6P – use zest and juice from 1 lemon (wedge remaining for serving).



5. FINISH AND SERVE

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

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

