



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: **PROTEIN** 31g **TOTAL FAT** 16g **CARBOHYDRATES** 31g

FROM YOUR BOX

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