

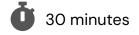




# Za'atar Fish

# 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

31g 16

16g

31g

## **FROM YOUR BOX**

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

#### 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 **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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