



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Pearl Barley

Barley is a versatile cereal grain with a nut-like flavour and chewy consistency. It is high in fibre which is good for a healthy digestive system!



S2 Creamy Sun-dried Tomato Fish with Pearl Barley

White fish fillets, courgettes and cherry tomatoes cooked in a delicious creamy balsamic, sun-dried tomato and oregano sauce and served over nutty pearl barley.



25 minutes



2 servings



Fish

11 November 2022

Switch it up!

You can serve the fish and sauce over mashed potato or with some crusty bread if preferred!

FROM YOUR BOX

PEARL BARLEY	100g
SUN-DRIED TOMATOES	1 tub
SOUR CREAM	1 tub
COURGETTES	2
CHERRY TOMATOES	1 packet (200g)
WHITE FISH FILLETS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube, dried oregano, balsamic vinegar

KEY UTENSILS

large frypan with lid, saucepan

NOTES

We used a chicken stock cube for this recipe. You could use a vegetable stock cube or stock paste if you have some.

Turn the fish fillets over half way through simmering if needed.

No gluten option – pearl barley is replaced with brown rice. Cook for same time as pearl barley.



1. COOK THE PEARL BARLEY

Place pearl barley in a saucepan and cover with water. Bring to a boil and simmer for 20 minutes, or until tender but still firm. Drain and rinse.



2. PREPARE THE SAUCE

Heat a frypan with oil over medium-low heat. Chop and add sun-dried tomatoes to pan along with 1 tsp dried oregano and 1/2 crumbled stock cube (see notes). Cook for 2-3 minutes, or until fragrant.



3. WHISK THE SAUCE

Stir in sour cream, 1/2 cup water and 1 tbsp balsamic vinegar. Whisk until combined and season with salt and pepper.



4. ADD THE VEGETABLES

Thinly slice courgettes and halve tomatoes. Add to pan as you go.



5. ADD THE FISH

Rinse and add fish fillets to pan. Cover and simmer for 5-8 minutes or until fish is cooked through (see notes).



6. FINISH AND SERVE

Serve fish and sun-dried tomato sauce over pearl barley.

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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

