Product Spotlight: Broccoli

Tiny flower buds make up the head of broccoli, and if you don't harvest it on time, the broccoli will be full of yellow flowers!

S2 Italian Fish
with Pasta Puttanesca

Thyme fish fillets cooked until golden and served alongside a classic tomato sugo spaghetti with green olives and a side of broccoli florets.

🕐 25 minutes   🍴 2 servings   🐟 Fish

4 November 2022

Switch it up!

You can crumb the fish and add some cheese for a parmigiana style pasta dish!

FROM YOUR BOX

LONG PASTA	1 packet (250g)
BROCCOLI	1
BROWN ONION	1
CARROT	1
WHITE FISH FILLETS	1 packet
SLICED GREEN OLIVES	1 jar
TOMATO SUGO	1 jar

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

KEY UTENSILS

saucepan, large frypan

NOTES

You can toss the broccoli with the pasta instead of keeping it on the side if preferred. If serving on the side, you can toss it with some butter or olive oil, salt and pepper.

No gluten option – pasta is replaced with GF pasta.

1. COOK THE PASTA

Bring a saucepan of water to a boil. Add pasta to boiling water and cook for 5 minutes.

2. ADD THE BROCCOLI

Cut broccoli into small florets (use to taste). Add to pan with pasta and cook for 3-4 minutes until pasta is al dente. Drain pasta and return to pan. Set broccoli aside (see notes).

3. SAUTÉ THE VEGETABLES

Meanwhile, heat a large frypan over medium-high heat with **oil.** Dice onion and carrot. Add to pan as you go along with **1 tsp thyme**. Cook for 6-8 minutes until softened. Remove vegetables from frypan, add to drained pasta. Keep pan on heat.
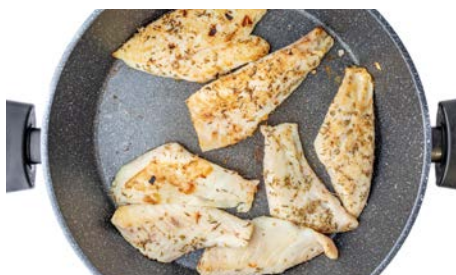
4. COOK THE FISH

Coat fish with **1 tsp thyme, oil, salt and pepper**. Cook in pan for 3-4 minutes each side or until cooked through.

5. TOSS THE PASTA

Drain olives (use to taste) and toss in saucepan with pasta, tomato sugo, sautéed onion and carrot. Season with **salt and pepper** to taste.

6. FINISH AND SERVE

Serve the fish fillets alongside pasta and broccoli.