



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!



## S4 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



4 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	200g
SUN-DRIED TOMATOES	1 tub
SOUR CREAM	1 tub
COURGETTES	4
CHERRY TOMATOES	1 packet (200g)
WHITE FISH FILLETS	2 packets

## 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 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**

