



### Product Spotlight: Sicilian Olives

Sicilian olives are bright green with meaty, buttery flesh and a mild slightly sweet flavour. Delicious in a meal or just as a snack!



## Mediterranean Fish with White Bean Puree and Focaccia

White fish fillets pan-fried with lemon zest, served with sautéed mediterranean vegetables and Sicilian olives over a creamy white bean puree with herby focaccia.



30 minutes



2 servings



Fish

### Switch it up!

*If you don't want to get the stick mixer out, use a fork to mash the beans with remaining ingredients, or skip the puree altogether and add beans whole to vegetables to cook.*

Per serve: **PROTEIN** 48g **TOTAL FAT** 80g **CARBOHYDRATES** 11g

## FROM YOUR BOX

SICILIAN OLIVES	1 jar
WHITE BEANS	400g
LEMON	1
GARLIC	2 cloves
FENNEL	1
CHERRY TOMATOES	200g
WHITE FISH FILLETS	1 packet
HERB FOCACCIAS	2-pack

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano

## KEY UTENSILS

large frypan, stick mixer (or small blender)

## NOTES

Halve or crush olives if desired.

Turn the focaccia into garlic bread! Mix crushed garlic cloves with butter or olive oil, and dried or fresh herbs such as oregano, parsley or Italian dried herbs and spread inside focaccia and warm in the oven.

**No gluten option – focaccias are replaced with GF Turkish roll.**



## 1. PREPARE THE INGREDIENTS

Set oven to 220°C to warm bread.

Drain olives (see notes). Drain and rinse beans. Zest lemon to yield 2 tsp, crush garlic, thinly slice fennel (reserve any fronds for garnish) and halve cherry tomatoes.



## 4. COOK THE VEGETABLES

Add extra **oil** to the pan. Add fennel, garlic, cherry tomatoes and **2 tsp oregano** to pan. Sauté for 5 minutes until tender. Add olives and **3 tbsp water**. Cook, semi-covered, for a further 5 minutes. Season to taste with **salt and pepper**.



## 2. MAKE WHITE BEAN PUREE

Use a stick mixer to blend white beans, juice from 1/2 lemon (wedge remaining) and 1/3 crushed garlic to combine. Pour in **1/4 cup olive oil, 2 tbsp water** and season with **salt and pepper**. Blend further to combine.



## 5. WARM THE ROLLS

Warm rolls in oven or in a sandwich press (see notes).



## 3. COOK THE FISH

Coat fish with lemon zest, **salt and pepper**. Heat a large frypan over medium-high heat with **oil**. Add fish and cook for 2-4 minutes each side. Remove fish and keep pan over heat.



## 6. FINISH AND SERVE

Spoon bean puree onto base of shallow bowls. Top with fish and sautéed vegetables. Serve with warmed focaccia rolls, lemon wedges and any reserved fennel fronds.



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