



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Green Beans

Green beans are full of cholesterol-lowering soluble fibre as well as vitamins and minerals for healthy eyes and bones!



1 Fish in Crazy Water

White fish fillets poached in a flavourful tomato broth with vegetables and butter beans. Garnished with fresh parsley.

 30 minutes

 2 servings

 Fish

15 October 2021

Bulk it up!

Serve this dish with some crusty bread, garlic bread, cooked pasta or noodles if you want to bulk it up.

Per serve: **PROTEIN** 39g **TOTAL FAT** 3g **CARBOHYDRATES** 47g

FROM YOUR BOX

RED ONION	1/2 *
TOMATOES	2
GREEN CAPSICUM	1/2 *
ZUCCHINI	1/2 *
GARLIC CLOVES	2
TOMATO PASTE	1 sachet
TINNED BUTTER BEANS	400g
GREEN BEANS	1/2 bag (75g) *
WHITE FISH FILLETS	1 packet
PARSLEY	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder, 1/2 stock cube

KEY UTENSILS

large saucepan

NOTES

We recommend rinsing the fish fillets in cold water before poaching.

No fish option - white fish fillets are replaced with chicken schnitzels. Heat a frypan over medium-high heat. Coat schnitzels in oil, salt and pepper. Cook for 4-5 minutes on each side or until cooked through. Cut into strips and serve on top of the broth.



1. PREPARE VEGETABLES

Slice onion. Roughly chop tomatoes, capsicum and zucchini. Crush garlic cloves.



2. SAUTÉ THE AROMATICS

Heat a large saucepan over medium-high heat with **oil**. Add onion, garlic, tomato paste and **1 tsp curry powder** to pan. Cook, stirring, for 2 minutes.



3. ADD THE VEGETABLES

Add remaining prepared vegetables to pan. Cook for 2 minutes. Pour in butter beans (including liquid) along with **3/4 tin water** and crumble in **stock cube**. Simmer, semi-covered, for 15 minutes. Season with **salt and pepper**.



4. ADD FISH TO THE BROTH

Trim and slice green beans. Add to broth along with whole fish fillets (see notes). Poach for 3-4 minutes, covered, or until fish is cooked through.



5. FINISH AND SERVE

Roughly chop parsley leaves. Spoon broth and fish fillets into bowls. Garnish with parsley.

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**

