



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Fennel

Fennel can be eaten raw or cooked. It's delicious shaved into fresh salads, braised in stews or roasted.



## 1 Almond Fish with Lemon & Herb Spinach

Finely chopped almonds become a delicious coating for baked fish. Served with parsnip and sautéed leek, fennel and spinach tossed with fresh fennel fronds, parsley and lemon juice.

 30 mins

 2 servings

 Fish

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### Spice it up!

*If you have any other nuts, such as macadamias or pine nuts, they would make a great addition to the nut crumb on the fish.*

Per serve: **PROTEIN** 27g **TOTAL FAT** 34g **CARBOHYDRATES** 17g

## FROM YOUR BOX

PARSNIPS	2
ALMONDS	1 packet (40g)
WHITE FISH FILLETS	1 packet
LEEK	1/2 *
FENNEL	1
ENGLISH SPINACH	1/2 bunch *
LEMON	1/2 *
PARSLEY	1/2 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, salt and pepper, dried oregano, garlic clove (1), stock cube (1)

## KEY UTENSILS

2 oven trays, large frypan

## NOTES

If you don't want to bake the fish, you can chop it up into smaller pieces and add it in to your vegetable pan, then use the nut crumb to sprinkle over the top when serving.

You can use 2 tbsp of oil if you prefer. When sautéing with butter, it is recommended to use oil as well to stop the butter burning.

**No fish option - white fish fillets are replaced with chicken schnitzels.** Cook chicken in a frypan over medium-high heat with oil for 3-4 minutes each side. Chop almonds and scatter over top of dish at the end.



### 1. ROAST PARSNIPS

Set oven to 220°C.

Cut parsnips into chips. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 15-20 minutes.



### 2. MAKE NUT CRUMB

Finely chop almonds in a food processor or with a knife. Mix with **1/2 tsp dried oregano, 1 tbsp oil, salt and pepper**.



### 3. BAKE THE FISH

Place the fish on a lined oven tray. Season with **salt and pepper**. Top with even amount of nut crumb. Bake in oven for 5-8 minutes or until fish is cooked through (see notes).



### 4. PREPARE VEGETABLES

Heat frypan over medium high heat with **1 tbsp oil** and **1 tbsp butter** (see notes). Slice leek and fennel (reserve fronds), crush **1 garlic clove**, add to pan as you go. Crumble in **stock cube**, pour in **1/2 cup water**. Sauté for 3-4 minutes.



### 5. ADD SPINACH

Rinse and slice spinach leaves. Add to pan with juice of half lemon, season with **pepper**. Chop parsley and reserved fennel fronds, stir through, cook for a further 2 minutes.



### 6. FINISH AND PLATE

Divide roasted parsnips and spinach among plates. Serve with almond crusted fish.

**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**

