



### **Product Spotlight:** Catalano Seafood

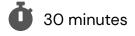
This family business has a true commitment to sustainable fishing which is not ruining the seabed. They also go out of their way to bring you the freshest catch around, with no chemicals added to their packs.

CATA AND'S

## 1 Thyme Fish

with Butter Beans

A crunchy bean salad with garlic, sweet cherry tomatoes and spinach, served with fresh fish fillets cooked in the pan.





2 servings



Fish

# Mix it up!

You can blend the drained butter beans and make a bean mash to serve on the side instead!

#### FROM YOUR BOX

WHITE BUTTER BEANS	400g
GREEN BEANS	1 bag (150g)
CHERRY TOMATOES	1 bag (200g)
SHALLOT	1
WHITE FISH FILLETS	1 packet
BABY SPINACH	1/2 bag (60g) *

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, garlic (1 clove), red wine vinegar, chilli flakes (optional), dried thyme

#### **KEY UTENSILS**

large frypan

#### **NOTES**

You can use any dried herb of choice for this dish. Dried tarragon or rosemary would work well! If you love garlic, add a little extra to the beans or to the fish as it cooks

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



#### 1. PREPARE INGREDIENTS

Drain and rinse butter beans. Trim and halve green beans, halve cherry tomatoes and slice shallot.

Whisk together 1 tbsp vinegar and 11/2 tbsp olive oil. Set aside.



#### 2. SAUTÉ THE BUTTER BEANS

Heat a frypan over medium-high heat with oil. Add onion and butter beans along with 1 crushed garlic clove. Cook for 5 minutes.



#### 3. SAUTÉ THE VEGETABLES

Add green beans and tomatoes along with 1/8 tsp chilli flakes (optional). Cook for a further 2-3 minutes until tender. Season with salt and pepper. Remove to a large salad bowl.



#### 4. COOK THE FISH

Coat fish fillets with 1 tsp dried thyme, oil, salt and pepper. Reheat frypan over medium-high heat with 1/2 tbsp butter. Cook fish for 3-4 minutes each side or until cooked through.



#### 5. TOSS THE SPINACH

Toss vinegar dressing and spinach through sautéed vegetables.



#### 6. FINISH AND PLATE

Divide beans over plates and top with fish fillets.

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



