



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



## Product Spotlight: Fennel

Fennel has a mild licorice flavour and is a very versatile vegetable! It works great in casseroles, soups and lasagna too!



# 1 Fennel & Fish Tray Bake

A one-tray wonder! Vegetables, borlotti beans and white fish fillets cooked in a tray bake, finished with fresh basil leaves.

 30 minutes

 4 servings

 Fish

19 November 2021

## Bulk it up!

*This dish has been designed as a lighter meal, but if you are after extra, we recommend serving it with some thick-cut crusty bread, cooked short grain pasta or gnocchi.*

Per serve: **PROTEIN** 33g **TOTAL FAT** 32g **CARBOHYDRATES** 33g

## FROM YOUR BOX

FENNEL	1
RED CAPSICUM	1
CHERRY TOMATOES	1 bag (400g)
GREEN BEANS	1/2 bag (125g) *
OLIVES	1 jar
GARLIC CLOVES	2
TINNED BORLOTTI BEANS	2 x 400g
WHITE FISH FILLETS	2 packets
BASIL	1 packet (20g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano, balsamic vinegar

## KEY UTENSILS

oven tray or dish

## NOTES

Rinse the fish with cold water before adding to the vegetables.

**No fish option – white fish fillets are replaced with chicken schnitzels.** To cook chicken schnitzels heat a frypan over medium-high heat. Coat chicken in oil, salt and pepper. Cook for 4-5 minutes each side or until cooked through.



### 1. PREPARE THE TRAY BAKE

Set oven to 220°C.

Slice fennel and capsicum. Halve tomatoes. Trim and slice green beans. Add to a lined oven tray along with drained olives.



### 2. SEASON THE VEGETABLES

Toss vegetables with crushed garlic cloves, **2 tsp oregano**, **1/4 cup vinegar** and **1/3 cup olive oil**. Season with **salt and pepper**. Roast for 15 minutes.



### 3. ADD THE FISH

Drain beans and stir through vegetables. Coat fish (see notes) in **oil, salt and pepper**. Place on top of vegetables and return to oven for 8-12 minutes or until fish is cooked through.



### 4. FINISH AND SERVE

Garnish tray bake with basil leaves and serve at the table.

**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](mailto:hello@dinnertwist.com.au)

