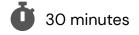




Fennel & Fish Tray Bake

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





4 servings



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 TOTAL FAT CARBOHYDRATES

33g 32g

<u>2g</u>

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.



