



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Dill


Back in the day it was believed that dill had magical powers and could save you from both witchcraft and nightmares! Nowadays we know dill is great to calm the digestive system among many other benefits.



## 1 Provencal Fish with Sautéed Beans and Dill

Herbaceous vegetables and beans, served with white fish fillets cooked in tarragon.

 30 mins

 4 servings

 Fish

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## Make it a soup!

*Sauté the vegetables at step 1 in a large saucepan. Add in the beans, 1 litre water and fish fillets at step 2. Cook for 12-15 minutes until fish is flakey, then add in the greens.*

Per serve: **PROTEIN** 40g **TOTAL FAT** 8g **CARBOHYDRATES** 36g

## FROM YOUR BOX

SHALLOT	1
CARROTS	2
GARLIC CLOVES	2
STOCK PASTE	1/2 jar *
TINNED CANNELLINI BEANS	2 x 400g
GREEN BEANS	1/2 bag (125g) *
KALE	1/2 bunch *
WHITE FISH FILLETS	2 packets
FETA CHEESE	1/2 packet *
DILL	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, dried tarragon (see notes), apple cider vinegar (or vinegar of choice)

## KEY UTENSILS

large frypan with lid, frypan

## NOTES

If you don't have dried tarragon, feel free to use dried rosemary or dried parsley as a replacement.

**No fish option - white fish fillets are replaced with diced chicken breast.** Cook for 8-10 minutes or until golden and cooked through.



### 1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Slice shallot, dice carrots. Crush garlic. Add to pan as you go along with **2 tsp tarragon**. Sauté for 2-3 minutes.



### 2. SIMMER THE VEGETABLES

Stir in stock paste and cannellini beans (including liquid). Cover with lid, bring to the boil and simmer 10-12 minutes, until carrots are tender.



### 3. PREPARE GREENS

Trim and halve green beans. Remove kale leaves from stalk and chop.



### 4. COOK THE FISH

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



### 5. STIR THROUGH GREENS

Add green beans and kale to the beans. Cook, stirring, for 2-3 minutes. Season with **2 tsp vinegar, and pepper** (see notes).



### 6. FINISH AND PLATE

Divide vegetables evenly among shallow bowls, top with fish. Crumble over feta and garnish with dill fronds.

**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**

