



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Green Olives

Green olives are picked when they have reached full size but before they have had a chance to fully ripen.



1 Tuscan Tomato Fish Bake

A classic balsamic tomato, fennel and olive tray bake with fresh fish from Catalano's Seafood, finished with basil leaves.

 35 minutes

 4 servings

 Fish

14 September 2020

Mix it up!

This tray bake also works well with dried rosemary or thyme tossed through. If you have some nuts or seeds you can also sprinkle them over top for extra crunch. If you're extra hungry, serve with some crusty bread!

Per serve: **PROTEIN** 28g **TOTAL FAT** 41g **CARBOHYDRATES** 16g

FROM YOUR BOX

FENNEL	1
RED CAPSICUM	1
CHERRY TOMATOES	1 bag (400g)
GREEN OLIVES	1 jar
GARLIC	2 cloves
CANNELLINI BEANS	400g
WHITE FISH FILLETS	2 packets
BASIL	1/2 packet (30g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

large oven dish

NOTES

Make the most of your fennel and slice the stalks as well as the bulb! Reserve the fronds for garnish.

The cooking time of the fish will depend on the thickness of the fillets. If you have thinner fillets, check if they are cooked after 8 minutes.

No fish option - white fish fillets are replaced with chicken schnitzels. Coat with oil, 1/2 tsp dried oregano, salt and pepper. Cook in pan for 4-5 minutes each side or until cooked through.



1. PREPARE THE TRAY BAKE

Set oven to 220°C.

Slice fennel and capsicum (see notes). Halve tomatoes. Add to a large lined oven dish with drained olives.



2. TOSS THE VEGETABLES

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



3. ADD BEANS & FISH

Drain beans and stir through vegetables. Coat fish fillets with **olive oil**, **salt and pepper**. Place on top of vegetables and return to oven for 10-15 minutes or until fish is cooked through (see notes).



4. FINISH AND PLATE

Garnish fish 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**

