



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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.



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.

 30 minutes

 4 servings

 Fish

9 November 2020

Mix it up!

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

Per serve: **PROTEIN** 29g **TOTAL FAT** 12g **CARBOHYDRATES** 20g

FROM YOUR BOX

WHITE BUTTER BEANS	2 x 400g
GREEN BEANS	1 bag (250g)
CHERRY TOMATOES	1 bag (200g)
RED ONION	1/2 *
WHITE FISH FILLETS	2 packets
BABY SPINACH	1/2 bag (100g) *

**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 onion.

Whisk together **2 tbsp vinegar** and **2 tbsp olive oil**. Set aside.



4. COOK THE FISH

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



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.



5. TOSS THE SPINACH

Toss vinegar dressing and spinach through sautéed vegetables.



3. SAUTÉ THE VEGETABLES

Add green beans and tomatoes along with **1/4 tsp chilli flakes** (optional) and cook for a further 2-3 minutes until tender. Season with **salt and pepper**. Remove to a large salad bowl.



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

