



Product Spotlight: Abhi's Ciabatta Loaf

The bread used in this recipe is baked fresh by artisan baker Abhi's Bread, right here in Perth!



Fish Puttanesca

with Garlic Bread

Fresh white fish fillets poached in a quick and delicious puttanesca sauce with garlic and olives. Served alongside sautéed greens and a delicious herby garlic ciabatta.



30 minutes



4 servings



Fish

No oven cooking

Instead of making oven-baked garlic bread, you can dice the bread and fry in a little oil and garlic in a frypan to make crispy croutons. Or, simply serve the bread on the side as-is!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	31g	71g

FROM YOUR BOX

BROWN ONION	1
GARLIC CLOVES	2
CHOPPED TOMATOES	400g
BASIL	20g
CIABATTA LOAF	1
PITTED OLIVES	1 jar
WHITE FISH FILLETS	2 packets
BROCCOLI	1
CARROTS	2

FROM YOUR PANTRY

olive oil, butter, salt, pepper, dried oregano, 1 stock cube (of choice)

KEY UTENSILS

large frypan with lid, frypan, oven tray

NOTES

You can add the broccoli and carrots into the fish stew at step 2 instead of you prefer!

No gluten option – bread loaf are replaced with GF flatbread.



1. SAUTÉ THE ONION

Set oven to 220°C and take out **butter** for step 3 to soften.

Heat a large deep pan with **1 tbsp olive oil** and **2 tbsp butter** over medium-high heat. Finely chop **onion** and crush **1 garlic clove**, add to pan with **1 tsp oregano** and cook for 3–4 minutes.



2. SIMMER THE SAUCE

Add **chopped tomatoes**, **1 tin water (400ml)** and **1 crumbled stock cube**. Simmer, semi-covered, for 10 minutes (see notes).



3. MAKE THE GARLIC BREAD

Crush 1 garlic clove and chop half the **basil**. Mix with **2 tbsp butter**, **1/2 tbsp olive oil** and a pinch of **salt**. Halve **ciabatta** lengthways and place on a lined oven tray. Spread with garlic mixture and bake for 5–7 minutes or until golden and crispy.



4. ADD THE FISH & OLIVES

Meanwhile, halve **olives** and rinse **fish fillets**. Add into **tomato sauce** and cook, covered, for 5 minutes or until cooked through. Season to taste with **salt and pepper**.



5. COOK THE VEGGIES

Cut **broccoli** into small florets and slice **carrots**. Add to a frypan with **1/2 cup water**. Bring to a boil, cover and simmer for 5 minutes or until softened to your liking. Transfer to a serving bowl, drizzle with **olive oil, salt and pepper**.



6. FINISH AND SERVE

Serve fish puttanesca with broccoli, carrot and garlic bread. Garnish with remaining fresh basil leaves.



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