



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Abhi's Bakery

Beautiful fresh bread from Abhi's bakery in Fremantle. Made to order, fresh for your box.



1 Crispy Garlic Fish Toasts with Capsicum and Roasted Eggplant Dip

Toasted garlic breads, spread with capsicum eggplant dip, topped with flaked fish and sweet cooked onion and cherry tomatoes. A tasty and easy way to convince the family that fish is fun to eat.

 30 minutes

 2 servings

 Fish

20 August 2021

Time saven!

Instead of making garlic toasts, simply slice and toast the bread in a toaster or sandwich press. Add the crushed garlic and parsley to the onion/tomato mix.

FROM YOUR BOX

GARLIC	2 cloves
PARSLEY	1/2 bunch *
RYE/WHOLEMEAL LOAF	1
BROWN ONION	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
GREEN CAPSICUM	1/2 *
BABY LEAVES AND BEETROOT	1/2 bag *
CAPSICUM DIP	1 tub
WHITE FISH FILLETS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, dried oregano

KEY UTENSILS

frypan, oven tray

NOTES

If using salted butter you will not need to add salt.

Slice and use bread to taste.

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. Shred with 2 forks.

No gluten option - bread is replaced with GF bread.



1. MAKE THE GARLIC TOASTS

Set oven to 220°C.

Crush garlic and chop parsley to yield 2 tbsp. Mix with **3 tbsp butter/oil, salt and pepper** (see notes). Slice bread and spread with garlic butter mix. Place onto an oven tray and cook for 3-5 minutes until golden and crunchy.



2. COOK THE ONION

Heat a frypan with **1 tbsp oil** over medium high-heat. Slice onion and halve cherry tomatoes, adding to pan as you go along with **1 tsp oregano**. Cook for 5 minutes until softened. Remove to a bowl, keep pan over heat for step 4.



3. PREPARE FRESH SIDES

While tomatoes are cooking, slice capsicum and arrange on a plate with leaves and dip.



4. COOK THE FISH

Rub fish with **oil, salt and pepper**. Cook for 3-4 minutes each side or until cooked through.



5. FLAKE THE FISH

Use two forks to flake the fish into small pieces. Return onion and tomatoes to pan and toss together. Season with **salt and pepper** to taste.



6. FINISH AND PLATE

Arrange all components on a serving plate and take to the table for everyone to help themselves.

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

