




Product Spotlight: Orange


When zesting lemons, limes, or oranges remove the brightly coloured flesh of the peel only; avoid the white part, or pith, directly underneath the peel as this is quite bitter.



Fennel Fish Fillets with Roasted Orange Parsnip Salad

White fish fillets cooked with fennel seeds and served with a roasted vegetable salad of fennel, Dutch carrots and parsnips tossed in a fresh orange dressing.

 35 minutes

 2 servings

 Fish

29 September 2023

Refresh!

Not feeling roast vegetables? Too easy! Thinly slice fennel, ribbon Dutch carrots and toss with orange dressing and rocket leaves. Add avocado, cherry tomatoes, cucumber and ribbon a zucchini if desired. Serve with croutons or crusty bread for carbs.

Per serve: **PROTEIN** 25g **TOTAL FAT** 5g **CARBOHYDRATES** 33g

FROM YOUR BOX

PARSNIP	1
FENNEL	1 bulb
DUTCH CARROTS	1 bunch
ORANGE	1
AGAVE DRESSING	1 sachet
WHITE FISH FILLETS	1 packet
ROCKET LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, lemon pepper, fennel seeds

KEY UTENSILS

large frypan, oven tray

NOTES

Lemon pepper can be substituted with lemon zest, Italian herbs or dried or fresh rosemary, thyme and oregano.

See product spotlight on cover for tips on zesting citrus fruits.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut parsnip in angular pieces. Wedge fennel. Trim and scrub carrots. Toss on a lined oven tray with **oil, salt** and **2 tsp lemon pepper** (see notes). Roast for 20–25 minutes until vegetables are tender.



4. TOSS THE VEGETABLES

Add roasted vegetables and rocket to bowl with dressing. Toss to combine.



2. MAKE ORANGE DRESSING

Zest and juice orange (see notes). Whisk with agave dressing to combine in a large bowl.



5. FINISH AND SERVE

Divide tossed vegetables among plates along with fish fillets.



3. COOK THE FISH

Heat a large frypan over medium–high heat. Coat fish with **oil, 1 tsp fennel, salt and pepper**. Add to pan and cook for 2–4 minutes each side until cooked through.

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

