



Product Spotlight: Fennel

Fennel has a mild licorice flavour and is a very versatile vegetable! If you are not used to cooking with fennel, try substituting with celery or even onion in some recipes with fennel!



Fish Saganaki with Pearl Couscous

A flavourful and fresh Greek-style tomato and fennel stew with poached fish fillets and crumbled feta cheese, served with pearl couscous.

 25 minutes

 2 servings

 Fish

25 August 2023

Add a little extra!

You can garnish this dish with a wedge of lemon and fresh chopped parsley at the end!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	46g	25g	72g

FROM YOUR BOX

PEARL COUSCOUS	150g
FENNEL	1
CHERRY TOMATOES	1 packet (200g)
GARLIC CLOVE	1
TINNED CHOPPED TOMATOES	400g
WHITE FISH FILLETS	1 packet
FETA CHEESE	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano, 1 chicken stock cube

KEY UTENSILS

large frypan with lid, saucepan

NOTES

The size of the fennel may vary; use it to taste if you have a large one. Quarter the bulb and remove the core before slicing. Keep some fronds for garnish.

No gluten option - pearl couscous is replaced with basmati rice. Place rice in a saucepan, cover with 300ml water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



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1. COOK THE PEARL COUSCOUS

Bring a saucepan of water to a boil. Add pearl couscous and cook for 8 minutes or until tender but still firm. Drain and rinse.



2. SAUTÉ THE VEGETABLES

Heat a large frypan with **olive oil** over medium-high heat. Slice fennel (see notes) and halve tomatoes. Add to pan as you go with crushed garlic and **1 tsp oregano**. Cook for 3-4 minutes or until softened.



3. SIMMER THE SAUCE

Add tinned tomatoes, **1 cup water**, **1 crumbled stock cube** and **1 tbsp olive oil**. Simmer, semi-covered, for 12 minutes.



4. ADD THE FISH

Rinse fish fillets and cut into smaller pieces. Add to the tomato broth. Cook for 3-5 minutes, or until fish is cooked through. Season to taste with **salt and pepper**. Crumble feta cheese on top (use to taste).



5. FINISH AND SERVE

Serve fish saganaki with pearl couscous. Garnish with fennel fronds.

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

