



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



4 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
	43g	25g	63g

FROM YOUR BOX

PEARL COUSCOUS	300g
FENNEL	1
CHERRY TOMATOES	1 packet (200g)
GARLIC CLOVES	2
TINNED CHOPPED TOMATOES	400g
WHITE FISH FILLETS	2 packets
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 600ml 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, **2 cups water**, **1 crumbled stock cube** and **2 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.



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**

