

MARLEY SPOON



Orange Braised Fish and Fennel

with Zucchini Fries



30-40min



2 Portions

Nutritional yeast, which is deactivated yeast, has a cheesy, nutty flavour and is often used in vegan recipes to impart a cheesy flavour. While this recipe is certainly not vegan, we've used it to coat our delicious oven-baked zucchini fries, which are a fabulous low-carb alternative to fries.

What we send

- hake fillet ⁴
- baby fennel
- orange
- zucchini
- panko breadcrumbs ¹
- nutritional yeast

What you'll require

- butter ⁷
- egg ³
- olive oil
- plain flour ¹
- salt and pepper

Utensils

- baking paper
- foil
- grater
- Oven-proof frypan
- oven tray
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Egg (3), Fish (4), Milk (7).
May contain traces of other allergens.

Nutrition per serving

Energy 500.0kcal, Fat 15.3g, Proteins 43.1g, Carbs 42.0g



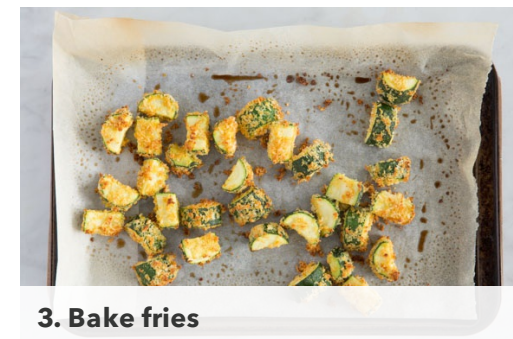
1. Prepare coating

Preheat oven to 220C. Whisk 1 **egg** in a shallow plate. Place ¼ cup **flour** on another shallow plate. Combine the **breadcrumbs** and **yeast flakes** in a large bowl. Season with **sea salt and pepper** to taste.



2. Coat zucchini

Line an oven tray with baking paper. Trim **zucchini** ends. Halve lengthwise and cut into 1cm thick wedges. Working in batches, coat zucchini in **flour**, dip into **egg**, then coat in **panko mixture**, pressing to coat.



3. Bake fries

Roast for 15-17 mins until golden brown and crisp. Season with **sea salt**. Leave oven on.



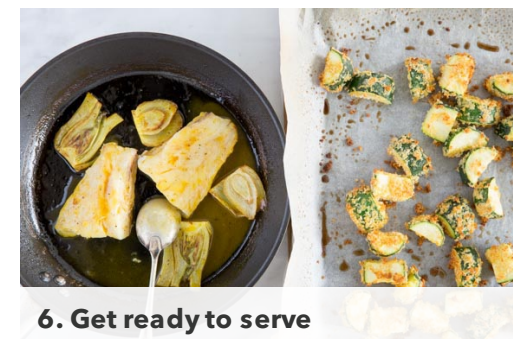
4. Cook fennel

Meanwhile, juice **orange**. Slice **fennel** through the core into 1.5cm pieces. Melt 10g **butter** in a large ovenproof frypan with 1 tsp **oil**. Add **fennel slices** and cook for 2-3 mins each side until browned. Add **orange juice** and simmer for 2 mins or until slightly reduced.



5. Bake fish

Season **fish** with **sea salt and pepper** and arrange over the **fennel**. Cover with foil and bake in oven for 7-9 mins until fish is just cooked through.



6. Get ready to serve

Remove **fish** from oven and spoon **sauce** several times over fish to baste. Place **fennel** on plates. Top with fish and sauce and serve with **fries**.