

# MARLEY SPOON



## Rosemary Fish

with Marinated Tomato Salsa



30-40min



2 Portions

Take your salsa to the next level by marinating it in a mixture of vinegar, oil and garlic. It only takes 15 mins to marinate the tomato and the flavours start to mellow immediately. Served with mixed salad leaves, crusty charred bread and pan-fried rosemary fish, this dinner is a sophisticated dinner for two.



## What we send

- half baguette <sup>1</sup>
- Lettuce, Mixed Salad leaves
- basil, 1 garlic clove, 1 shallot, rosemary
- ling fillet <sup>4</sup>
- tomato

## What you'll require

- olive oil
- salt and pepper
- white wine vinegar <sup>17</sup>

## Utensils

- chargrill or frypan
- medium frypan
  
- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Fish (4), Sulphites (17).  
May contain traces of other allergens.

## Nutrition per serving

Energy 545.0kcal, Fat 17.9g, Proteins 42.9g, Carbs 49.7g



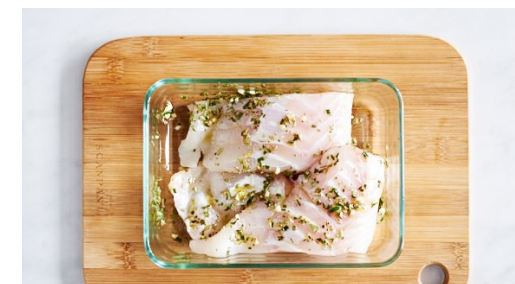
### 1. Prepare ingredients

Finely chop the **garlic** and **shallot**. Pick the **basil** and **rosemary** leaves (discard stems). Finely chop the rosemary.



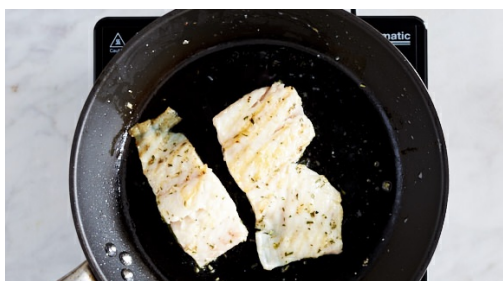
### 2. Make salsa

Quarter the **tomatoes** and deseed using a teaspoon. Dice and place in a medium bowl. Add 1 tbs **oil**, 1 tbs **white wine vinegar**, **shallot** and half the **garlic**. Season with **sea salt and pepper**. Set aside for 15 mins.



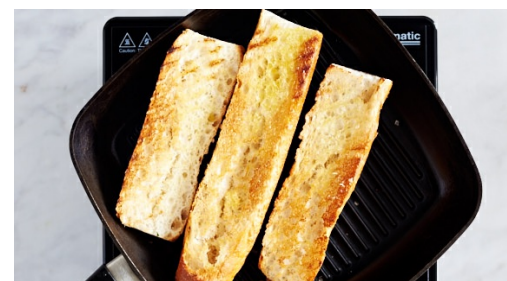
### 3. Prepare fish

Meanwhile, combine the remaining **garlic** with the **rosemary** and 1 tbs **oil** in a shallow dish. Season with **sea salt and pepper**. Cut the **fish** into 2 portions. Add the fish and turn to coat.



### 4. Cook fish

Heat a medium frypan over medium-high heat. Cook the **fish** for 3 mins each side or until just cooked through.



### 5. Chargrill bread

Meanwhile, heat a chargrill pan over medium-high heat. Cut **bread** in half then in half again lengthwise. Brush with 1 tbs **oil** and season with **sea salt and pepper**. Chargrill, cut-side down, for 2 mins or until charred.



### 6. Get ready to serve

Shred the **basil** into the **salsa**. Set ¼ of salsa aside for garnish. Add the **salad leaves** to the remaining salsa and toss to combine. Serve the **fish** with the **bread** and **salad** and spoon the reserved salsa over the fish.