

MARLEY SPOON



Baked White Fish with

Lemon and Ginger Vinaigrette



20-30min



4 Portions

Nutritious food, clean flavours and clever cooking is what wholefoods catering company The Brown Paper Bag is all about. Here, they share their easy recipe for Asian-inspired chilli and ginger baked fish with stir-fried zucchini 'noodles', beans and peas. Virtuous eating has never tasted so good!

What we send

- green peas
- grenadier fillets
- ginger, 1 red chilli and 1 leek
- green beans
- lemon
- zucchini

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- extra virgin olive oil
- sugar
- white wine vinegar ¹⁷

Utensils

- baking paper
- large frypan
- medium saucepan
- oven tray

Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Our recipes now come in 2 sizes: 2P = 2 portions | 4P = 4 portions.

Allergens

Sulphites (17). May contain traces of other allergens.

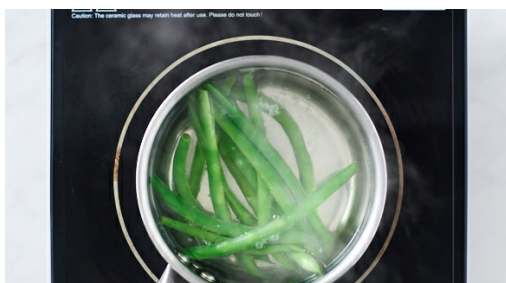
Nutrition per serving

Energy 400.0kcal, Fat 19.3g, Proteins 40.1g, Carbs 11.5g



1. Prepare ingredients

Preheat the oven to 220C and line an oven tray with baking paper. Trim the **leek**, discarding the dark green parts, then cut into thin matchsticks. Peel and finely grate the **ginger**. Finely chop the **red chilli**. Finely grate the **lemon** rind and juice the **lemon** (use half for 2P** see cooking tip). Cut the **zucchini** into thin 'noodles'. Trim the **green beans**.



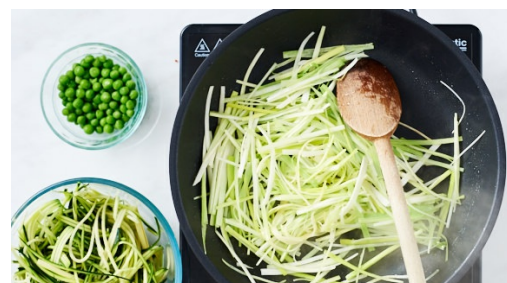
4. Cook beans

Meanwhile, cook the **green beans** in the pan of boiling salted water for 2-3 mins until just tender. Drain in a colander and rinse under cold running water until cool. Cut the beans in half lengthwise.



2. Prepare vinaigrette

Combine 1 tbs **oil**, the **vinegar**, **sugar**, **ginger**, **chilli**, **lemon zest** and **lemon juice** in a bowl, stirring well until sugar dissolves. Meanwhile, bring a small saucepan of salted water to the boil.



5. Cook vegetables

Heat the **remaining oil** in a large frypan over medium-high heat. Cook the **leek** stirring for 2 mins, then add the **zucchini** and cook, stirring, for a further 1 min or until just tender.



3. Bake fish

Season the **fish** with **salt** and put on the lined tray. Drizzle 1 tsp of the vinaigrette over each fish fillet. Bake the fish in the oven for 6-8 mins until cooked through.



6. Get ready to serve

Add the **peas** and **green beans** to the zucchini mixture and cook for 1 min or until the vegetables are warmed through. Season with **salt and pepper**. Divide the vegetables among plates, top with the fish and drizzle with the remaining vinaigrette to serve.