



Italian Fish Stew

with Beans



20-30min



2 Portions

Dig into this comforting tomato-based fish stew enriched with anchovy and loaded with legumes. Shredded kale and parsley add freshness and colour to this super-simple Italian-inspired soupy stew.

What we send

- 1 garlic clove, parsley
- ling fillet 4
- kale
- diced tomatoes
- cannellini beans
- green beans
- anchovies 4
- onion

What you'll require

- extra virgin olive oil
- water

Utensils

- large saucepan
- sieve

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

Allergens

Fish (4). May contain traces of other allergens.

Nutrition per serving

Energy 400.0kcal, Fat 9.7g, Proteins 37.2g, Carbs 35.2g



1. Prepare ingredients

Finely chop the **onion, garlic** and **anchovies**. Rinse and drain the **cannellini beans** in a sieve.



2. Prepare vegetables

Cut the **green beans** into 2-3cm lengths. Finely chop the **parsley**, including the stems.



3. Start stew

Heat the **oil** in a large saucepan over medium heat. Add the **onion, garlic** and **anchovies**. Cook, stirring, for 5 mins or until softened. Add the **tomatoes, cannellini beans** and the **water** (see staples list), and bring to the boil. Add the **green beans**, reduce heat to a simmer, cover with a lid and cook for 3 mins.



4. Prepare kale

Meanwhile, pick the **kale** leaves, discarding the stems, then thinly slice. Cut the **fish** into 2-3cm chunks.



5. Add kale

Stir **kale** into the stew and cover with a lid. Cook for 2 mins or until kale starts to wilt. Season to taste with **salt and pepper**.



6. Add fish

Gently stir in the **fish** and **half the parsley**, cover with a lid and cook for 3 mins or until fish is just cooked. Scatter with **remaining parsley** to serve.