

# MARLEY SPOON



## Italian Fish Stew

with Beans



20-30min



4 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

- 2 garlic cloves, parsley
- ling fillet 4
- diced tomatoes
- kale
- green beans
- anchovies 4
- onion
- cannellini beans

## 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 370.0kcal, Fat 6.0g, Proteins 38.1g, Carbs 35.1g



### 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.