



Garlic Crusted White Fish

with Wilted Greens



20-30min



2 Portions

Give your grilled-fish-and-greens dinner an exciting makeover with this easy yet elegant baked fish with crunchy garlic, lemon and parsley crust. Adding anchovy to the crust mixture gives it a wonderful savoury depth of flavour, so all you need to pair the fish with is a simple yet nourishing bed of sautéed kale, silverbeet and peas.

What we send

- green peas
- silverbeet
- 1 garlic clove and parsley
- 2 grenadier fillets
- kale
- anchovy fillet 4
- lemon
- panko breadcrumbs 1

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

What you'll require

- extra virgin olive oil
- sea salt and pepper

Utensils

- baking paper
- roasting pan or oven tray
- small bowl
- small saucepan

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. Including parsley stems will add texture and improve the flavour of your dish.

Allergens

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

Nutrition per serving

Energy 490.0kcal, Fat 21.7g, Proteins 43.3g, Carbs 21.0g



1. Prepare ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Finely chop the **garlic**. Add the **anchovy fillet** and finely chop **anchovy** and **garlic** together. Finely chop the **parsley**, including the stems (see cooking tip). Finely grate the rind and cut the **lemon** into wedges (use half for 2P** see cooking tip).



4. Prepare vegetables

Meanwhile, pick the **kale** leaves, discarding the stems, then finely shred the leaves. Finely shred the **silverbeet**, including the stems.



2. Prepare crust mixture

Combine the **garlic and anchovy mixture**, the **parsley, lemon zest, panko breadcrumbs, half the oil** and **pepper** in a bowl.



5. Cook vegetables

Heat the **remaining oil** in a large frypan over medium-high heat. In batches, if necessary, cook the **kale** and **silverbeet** for 3-5 mins, tossing frequently, until wilted.



3. Bake fish

Place the **fish**, skin-side down, on the lined tray and season with **salt**. Top with the crumb mixture, pressing down lightly. Bake in the oven for 12-15 mins until the fish is just cooked and the crust is golden.



6. Get ready to serve

Add the **peas** and cook for 1 min or until warmed through. Season with **salt and pepper**, squeeze in the juice of a **lemon wedge** and toss to combine. Divide the greens among plates and top with a fish fillet. Serve with the **remaining lemon wedges** to squeeze over.