



## Garlic Crusted White Fish

with Wilted Greens



20-30min



4 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
- panko breadcrumbs 1
- silverbeet
- grendier fillets
- 2 garlic cloves and parsley
- kale
- lemon
- anchovy fillets 4

\* 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 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 470.0kcal, Fat 21.3g, Proteins 42.6g, Carbs 19.8g



### 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.