



## Pan-Fried White Fish

with Summer Fennel Salad



20-30min



2 Portions

When fennel bulbs are in season, we use them as much as possible; few things beat their mild aniseed flavour and light, crisp texture. We've paired it with pan-fried white fish and a salad of creamy cannellini beans, shredded carrot and fragrant basil for a summer meal where simplicity and produce shine.

## What we send

- white cannellini beans
- baby fennel, carrot, lemon
- white fish fillets 4
- rocket
- basil
- fennel seeds 1

## What you'll require

- olive oil
- sea salt and pepper

## Utensils

- mandoline (optional)
- medium frypan

Our veggies come fresh from the farm, so please wash them before use.

## Allergens

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

## Nutrition per serving

Energy 465kcal, Fat 17.7g, Carbs 30.2g, Protein 39.6g



### 1. Toast fennel seeds

Rinse and drain the **cannellini beans**. Put **half the fennel seeds** (reserve remainder for another use) in a medium frypan over medium-high heat and toast, tossing pan regularly, for 3-4 mins until fragrant. Remove from the pan and set aside.



### 4. Make salad

Combine the **lemon juice, lemon zest** and **1½ tbs oil** in a large bowl and season with **salt and pepper**. Add the **cannellini beans, thinly sliced fennel, carrot, basil, rocket** and **fennel seeds** and toss gently to combine.



### 2. Prepare fennel

Pick and finely chop the **fennel** fronds. Trim and very thinly slice the fennel bulb using a mandoline or large sharp knife.



### 5. Season fish

Cut the **fish** into 2 equal portions and season with **salt and pepper**.



### 3. Prepare ingredients

Peel and coarsely grate the **carrot** using a julienne peeler or box grater. Finely grate **half the lemon** zest, then juice the half (reserve remainder for another use). Pick the **basil leaves**.



### 6. Cook fish

Heat **2 tsp oil** in the same frypan over medium-high heat. Cook the **fish** for 2-3 mins each side until just cooked through (the exact time depends on the thickness of each fillet). Divide the **salad** and **fish** among plates. Scatter with the **fennel fronds** to serve.