



Pan-Fried White Fish

with Summer Fennel Salad



20-30min



4 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

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

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 450kcal, Fat 17.5g, Carbs 29.2g, Protein 39.1g



1. Toast fennel seeds

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



2. Prepare fennel

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



3. Prepare ingredients

Peel and coarsely grate the **carrots** using a julienne peeler or box grater. Finely grate the **lemon** zest, then juice the lemon. Pick the **basil leaves**.



4. Make salad

Combine the **lemon juice, lemon zest** and **60ml (¼ cup) 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.



5. Season fish

Cut the **fish** into 4 equal portions and season with **salt and pepper**.



6. Cook fish

Heat **1 tbs 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.