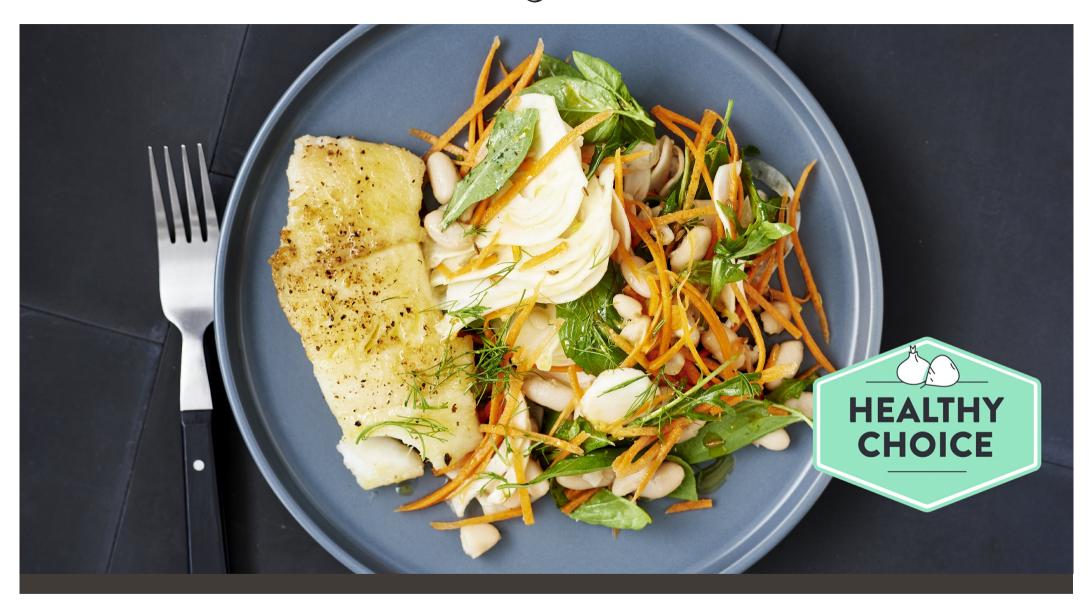
# MARLEY SPOON



## **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 <sup>4</sup>
- · 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 mediumhigh 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** (**1/4 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.