

# DINNERLY



## Low-Cal Mediterranean Basa Fish with Tomatoes, Olives and Chunky Croutons



25 minutes



2 Servings

Think eating light means eating boring? Not in our book! Our low-cal recipes have all the punchy flavour and excitement you'd expect from us, with less than 599 calories per serve.

### WHAT WE SEND

- 30g pitted kalamata olives
- 2 garlic cloves
- basa fish fillets <sup>1</sup>
- 10g Spanish seasoning
- 400g diced tomatoes
- 150g peas
- 2 wholemeal rolls <sup>2,4,5</sup>

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

### WHAT YOU NEED

- 10g butter <sup>3</sup>
- 1¼ tbs olive oil
- 2 tsp honey

### TOOLS

- medium deep frypan with lid
- oven tray
- foil

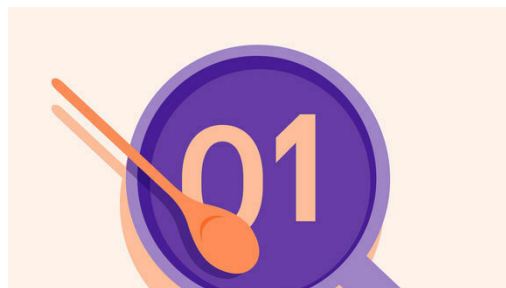
Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Fish (1), Gluten (2), Milk (3), Soy (4), Wheat (5). May contain traces of other allergens.

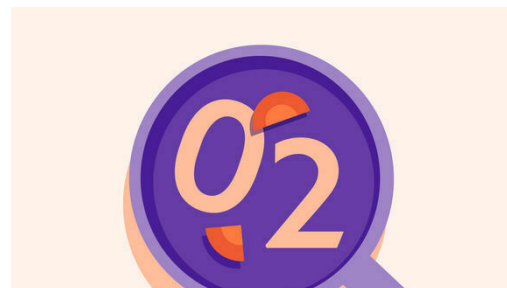
### NUTRITION PER SERVING

Energy 490kcal, Fat 22.6g, Carbs 38.6g, Protein 32.8g



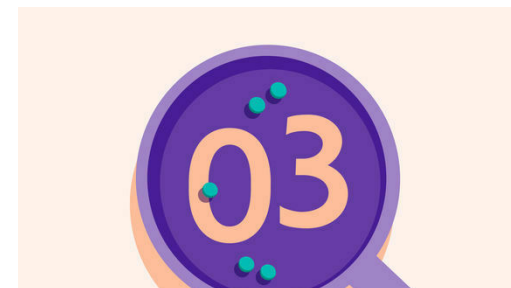
#### 1. Prep ingredients

Coarsely chop the **olives**. Crush or finely chop **2 garlic cloves**. Cut the **fish** into 4cm chunks. Put the fish and **1 tsp Spanish seasoning** in a bowl. Season with **salt and pepper** and toss to coat.



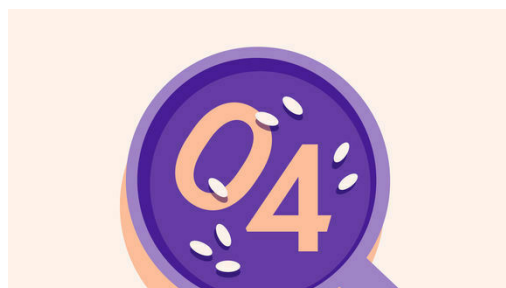
#### 2. Brown fish

Melt **10g butter** in a medium deep frypan over medium heat. Cook the **fish** for 2 mins each side or until browned. Remove from the pan, reserving the pan.



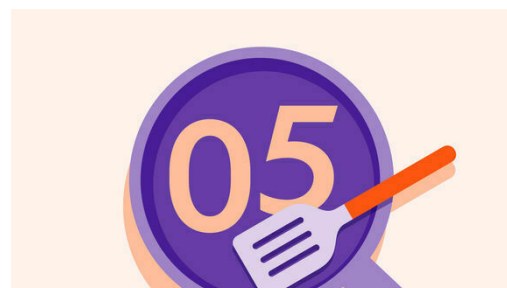
#### 3. Start sauce

Preheat the grill to high. Line an oven tray with foil. Heat **1 tsp olive oil** in the reserved pan over medium heat. Add the **garlic** and **1 tsp Spanish seasoning\*** and cook, stirring, for 30 secs or until fragrant.



#### 4. Simmer sauce

Add the **tomatoes, olives** and **2 tsp honey** to the pan, season with **salt and pepper** and bring to the boil. Reduce the heat to low and cook, stirring occasionally, for 5 mins or until slightly thickened. Add the **peas**, then arrange the **fish** on top. Cook, covered, for 3-4 mins until the fish is just cooked through (see Kitchen 101) and the peas are tender. Remove pan from heat.



#### 5. Serve up

While the fish is cooking, tear the **bread rolls** into 3cm chunks and put on the lined tray. Drizzle with **1 tbs olive oil**, season with **salt and pepper** and toss to coat. Grill for 3-4 mins until lightly toasted. Taste the **Mediterranean fish**, then season with **salt and pepper**. Serve with the **croutons** and enjoy!



#### 6. Kitchen 101

Not sure if your fish is cooked through? Simply remove a piece of fish from the sauce and flake it with a fork; if it comes apart easily, the fish is cooked.