

Less than 1 hour

Serves 4

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Ingredients:

- 1½ cups (300g) dried white kidney beans, soaked and drained
- 5 Tbsp (75ml) olive oil
- 4 fillets (600g) hake (or any sustainable white fish), skin on
- Salt and milled pepper
- 1 onion, diced
- 3 cloves garlic, crushed
- 2 Tbsp (30ml) butter
- 1 punnet (250g) cherry tomatoes
- 1 packet (100g) baby spinach
- 1 tub (100g) basil pesto + extra for serving
- ½ cup (125ml) grated parmesan
- 2 Tbsp (30ml) lemon juice

Method:

1. Boil beans in salted water for 30-35 minutes. Drain well.
2. Heat 2 tbsp (30ml) olive oil in a pan.
3. Pat fish dry and season generously.
4. Fry fish skin-side down for 3-4 minutes.
5. Flip over and fry for another 2-3 minutes.
6. Remove, set aside and keep warm.
7. Add onion to pan and sauté until golden, add garlic and cook for another 30 seconds.
8. Add butter, beans and tomatoes, and cook for 2-3 minutes. Season.
9. Toss spinach through warm mixture – it should wilt quickly.
10. Stir through basil pesto, parmesan, remaining olive oil and lemon juice.
11. Serve bean sauté topped with fish and extra basil pesto.