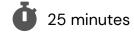




# Lemon Fish

# with Parmesan & Basil Pasta

Al dente pasta tossed with a home made basil and parmesan sauce, sweet cherry tomatoes and green beans, served alongside pan-cooked fish fillets.





4 servings



Fish

# Switch it up!

The fish is enjoyed on the side of this dish but it can also be flaked and tossed through the pasta if preferred!

#### FROM YOUR BOX

LONG PASTA	1 packet (500g)
GREEN BEANS	1 bag
BASIL	1 packet
PARMESAN CHEESE	1 packet
CHERRY TOMATOES	1 bag
GARLIC	1 clove
WHITE FISH FILLETS	2 packets

#### FROM YOUR PANTRY

olive oil, salt, pepper, lemon pepper, red wine vinegar

#### **KEY UTENSILS**

saucepan, frypan, stick mixer or blender

#### **NOTES**

If you don't want to make the basil sauce you can chop the basil and stir through the pasta at the end. Add a jar of pasta sauce or sugo in step 5 if preferred.

No gluten option - pasta is replaced with GF pasta.



#### 1. COOK THE PASTA

Bring a saucepan of water to boil. Add pasta to boiling water and cook until aldente. Trim and halve beans. Add to water halfway through cooking time. Reserve 1/4 cup pasta water. Drain pasta and beans and return to pan (see step 5).



#### 2. MAKE THE BASIL SAUCE

Meanwhile, chop basil leaves. Blend with 1/2 packet parmesan, 1 tbsp vinegar and 1/2 cup olive oil using a stick mixer until smooth. Set aside.



#### 3. COOK THE TOMATOES

Heat a frypan over medium-high heat with olive oil. Halve and add tomatoes along with 1 crushed garlic clove. Cook for 5 minutes until softened. Remove from pan.



## 4. COOK THE FISH

Coat fish with 1 tsp lemon pepper, olive oil and salt. Wipe out frypan and re-heat over medium-high heat. Cook fish for 3-4 minutes each side until cooked through.



### **5. TOSS THE PASTA**

Toss tomatoes, and basil sauce through cooked pasta and beans until combined. Loosen with reserved pasta water. Season with salt and pepper.



#### 6. FINISH AND SERVE

Divide pasta and fish among plates. Garnish with extra parmesan to taste.



