



DINNER TWIST
LOCAL. HEALTHY. DELIVERED



Product Spotlight: Basil

The fridge can often be too cold for storing basil, causing the leaves to turn black. Instead, try trimming the stalk ends and place in a jar with 2cm water. Cover with a loose fitting bag and leave at room temperature.



A4 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.

 25 minutes

 4 servings

 Fish

25 February 2022

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 al-dente. 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.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

