



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Almond meal

Almond meal is made from ground almonds and nothing else! That means that it — just like whole almonds — is full of fibre, healthy fats and vitamins.



1 Red Romesco Pasta with Golden Fish

This smooth romesco sauce features notes of roasted peppers, tomato, garlic and almond. It's mixed with al dente pasta and served with fried greens and golden fish fillets.

 30 minutes

 2 servings

 Fish

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No blender?

Instead of blending the romesco sauce, you can make a chunky pasta dish. Fry sliced spring onions, garlic, green beans and courgettes in oil. Then, mix with cooked pasta and drained roasted peppers. Serve with fried fish fillets and top with sliced basil and diced tomato.

FROM YOUR BOX

LONG PASTA	250g
CAPSICUM STRIPS	100g
TOMATO	1
GARLIC CLOVE	1
COURGETTES	2
ALMOND MEAL	1 packet (30g)
GREEN BEANS	1/2 bag (75g) *
SPRING ONIONS	2
WHITE FISH FILLETS	1 packet
BASIL	1/2 packet (30g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, dried oregano, red wine vinegar

KEY UTENSILS

frypan, saucepan, stick mixer (see front page tip)

NOTES

You can add one or both spring onions to the romesco sauce instead of frying.

No fish option - white fish fillets are replaced with chicken schnitzel. Increase cooking time to 6-10 minutes or until cooked through. Slice to serve.

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions or until al dente. Drain and reserve **1/4 cup water**.



2. MAKE THE SAUCE

Roughly chop drained capsicum strips, tomato, garlic and 1 courgette (see notes). Blend with almond meal, **1 tsp vinegar** and **1 tbsp olive oil**.



3. COOK THE VEGETABLES

Dice other courgette, slice beans and spring onions. Heat a large frypan with **1/2 tbsp butter/oil** over medium-high heat. Add vegetables with **1/2 tsp oregano**, cook for 3-4 minutes, season with **salt and pepper**. Set aside and keep pan over heat.



4. COOK THE FISH

Add **1/2 tbsp oil/butter to pan**. Season fish with **salt and pepper**, cook for 3-4 minutes or until cooked through.



5. FINISH THE PASTA

Re-heat pasta pan and pour in sauce with **reserved pasta water**. Simmer for 2-3 minutes, then add pasta. Toss gently to coat and season with **salt and pepper**.



6. FINISH AND PLATE

Divide pasta among bowls. Serve vegetables on the side and break fish into pieces over the top. Garnish with fresh basil leaves.

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**

