



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Feta Cheese

Did you know that feta is one of the world's oldest cheeses? The legendary Greek writer Homer actually mentioned it in his epic poem "Odyssey."



## 1 Spring Pasta with Lemon Fish

A simple but tasty spring style pasta. Spring onions, garlic, lemon and cherry tomatoes combined to give you a tasty and quick to the table dinner.

 30 minutes

 2 servings

 Fish

10 September 2021

## Make it Saucy!

*Prefer your pasta with a tomato sauce?  
Simply add a jar of your favourite pasta  
sauce at step 3.*

## FROM YOUR BOX

LONG PASTA	250g
SPRING ONIONS	1/2 bunch *
GARLIC CLOVES	1-2
ZUCCHINI	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
LEMON	1
WHITE FISH FILLETS	1 packet
FETA CHEESE	1/2 packet *
PARSLEY	1/2 bunch *
SNOW PEAS	1/2 bag (75g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, dried thyme

## KEY UTENSILS

large frypan, saucepan

## NOTES

Add any extra lemon zest into the pasta or sprinkle over the top when serving.

Add some chilli flakes over the pasta when serving for some added heat.

**No fish option - white fish fillets are replaced with chicken schnitzels.** Increase cooking time to 4-5 minutes on each side or until cooked through. Thinly slice to serve.

**No gluten option - pasta is replaced with GF pasta.**



### 1. BOIL THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions or until al dente. Drain and return to pan reserving **1/2 cup pasta water**.



### 2. COOK THE SPRING ONION

Heat a large frypan with **2 tbsp oil** over medium heat. Slice and add spring onions along with crushed garlic and **1 tsp thyme**. Cook for 2 minutes.



### 3. ADD THE VEGETABLES

Grate zucchini and halve tomatoes. Add to pan as you go with **1/4 cup water**. Cover and simmer for 5 minutes. Add to drained pasta. Mix well. Reserve pan for step 4.



### 4. COOK THE FISH

Zest lemon.

Re-heat pan over medium-high heat. Rub fish with 1 tsp lemon zest (see notes), **oil, salt and pepper**. Cook for 3-4 minutes each side or until cooked through. Break into large pieces.



### 5. TOSS THE PASTA

Crumble feta (use to taste) and chop parsley. Fold through pasta with juice from 1/2 lemon (wedge remaining) and **1/4 cup pasta water**. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Trim and slice snow peas.

Serve pasta among bowls. Top with fish and snow peas. Drizzle with **olive oil** (optional) and serve with lemon wedge.

**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**

