



Product Spotlight: Basil

Blitzing basil with oil locks in its colour and aroma fast, before the leaves have a chance to darken. Work quickly and keep the oil chilled for the brightest green.



Almond Crumbed Fish with Herbaceous Basil Oil

White fish fillets with a toasted almond crumb, served with roasted sweet potato, fresh tomato and avocado salsa and a vibrant, herby basil oil.



35 minutes



2 servings



Fish

Switch it up!

Use the almonds and basil to make a pesto! Add some lemon juice or vinegar, grated Parmesan cheese and blend to pesto consistency.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	20g	62g

FROM YOUR BOX

SWEET POTATO	400g
YELLOW CAPSICUM	1
AVOCADO	1
CHERRY TOMATOES	200g
BASIL	20g
FLAKED ALMONDS	40g
WHITE FISH FILLETS	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, butter, salt, pepper, dried thyme, white wine vinegar, sugar of choice (see notes)

KEY UTENSILS

oven tray, stick mixer (or small blender), frypan

NOTES

We used raw sugar to make the basil oil. White sugar, honey, maple syrup, coconut sugar and palm sugar would all work well. Use to taste.

If you don't want to get the stick mixer out to make the basil oil, fear not! Finely chop the basil and mix in a bowl with remaining ingredients.



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1. ROAST THE SWEET POTATO

Set oven to 220°C.

Roughly dice **sweet potato**. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 25–30 minutes until tender and golden.



4. TOAST THE ALMONDS

Roughly chop **flaked almonds**. Add to a dry frypan over medium–high heat. Toast for 2 minutes until golden. Add **1/2 tbsp butter** to melt and stir to coat. Remove to a plate and keep pan on heat.



2. MAKE THE SALSA

Chop **capsicum** and **avocado**, halve **tomatoes**. Toss to combine.



3. MAKE THE BASIL OIL

Roughly chop **basil leaves**. Use a stick mixer (see notes) to blend with **1 tbsp vinegar, 1 tsp sugar, 1/4 cup olive oil, salt and pepper** to a smooth consistency (add a little water if needed).



5. COOK THE FISH

Coat **fish** with **oil, 1 tsp dried thyme, salt and pepper**. Cook in frypan for 2–3 minutes each side or until cooked through.



6. FINISH AND SERVE

Divide **potatoes, fish** and **salsa** among plates. Top **fish** with **almond crumb** and serve with **basil oil**.

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