




Product Spotlight: Sun-Dried Tomatoes

Sun-dried tomatoes are high in potassium, manganese and vitamin C. The practice of sun-drying may have originated in Italy, using the tiled rooftops to dry tomatoes for use during the winter months.



R2 Red Pesto Baked Fish with Roasted Vegetables

White fish fillets coated with homemade sun-dried tomato red pesto and oven baked, served with roasted vegetables and fresh pear and rocket leaves.

 30 minutes

 2 servings

 Fish

14 October 2022

Switch it up!

For a meal that is a little less involved, skip making the red pesto. Slice the sun-dried tomatoes and add them to the salad. Coat fish in oil, salt, pepper and a dried herb (rosemary, thyme, or oregano) and cook in a frypan for 3-4 minutes each side.

Per serve: **PROTEIN** 45g **TOTAL FAT** 42g **CARBOHYDRATES** 71g

FROM YOUR BOX

FENNEL	1
BEETROOTS	2
ALMONDS	1 packet (40g)
SUN-DRIED TOMATOES	1 packet
WHITE FISH FILLETS	1 packet
PEAR	1
ROCKET LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, fennel seeds, balsamic vinegar

KEY UTENSILS

oven trays x 2, stick mixer or small blender

NOTES

Thinly wedge fennel and beetroots for faster roasting time. Reserve fennel fronds for garnish if desired.

Bake fish on the oven tray with the vegetables if you have space.

Any extra red pesto can be store in an air-tight container in the fridge and used to toss through pasta or as a dip to serve with crackers.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge fennel and beetroots (see notes). Toss on a lined oven tray with **oil, 2 tsp fennel seeds, salt and pepper**. Roast for 20-25 minutes until tender.



4. PREPARE THE SALAD

In a large bowl whisk together **2 tbsp olive oil** and **1 tbsp vinegar**. Thinly slice pear. Add to bowl along with rocket leaves. Toss to combine.



2. MAKE THE PESTO

Add almonds and sun-dried tomatoes to a jug along with **1/4 cup olive oil, 1 tbsp water** and **1 tbsp vinegar**. Blend to a chunky consistency.



3. BAKE THE FISH

Place fish on a second lined oven tray (see notes). Season with **salt and pepper**. Spoon prepared pesto onto schnitzels. Bake for 8-12 minutes until fish is cooked through.



5. FINISH AND SERVE

Divide salad and roasted vegetables among plates. Serve with pesto fish.

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