



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Rosemary


Rosemary stalks can come in various lengths! Chop the leaves to taste for the roast vegetables in this dish. You can use any leftovers to flavour olive oil or butter!



S2 Rosemary Fish with Pesto Pasta

Grilled rosemary white fish fillets, sliced and served alongside pesto tossed spaghetti with garlic vegetables.

 25 minutes

 2 servings

 Fish

30 September 2022

Switch it up!

You can roast the vegetables and serve them separate from the fish and pasta if preferred. Garnish the pasta with fresh basil or parmesan cheese if you have some.

FROM YOUR BOX

LONG PASTA	1 packet (250g)
COURGETTES	2
YELLOW CAPSICUM	1
TOMATO	1
WHITE FISH FILLETS	1 packet
ROSEMARY SPRIG	1
GREEN PESTO	1 jar

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 garlic clove

KEY UTENSILS

griddle pan or frypan, frypan, large saucepan

NOTES

You can slice the fish and toss through the pasta if preferred!

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to a boil. Add pasta to boiling water and cook according to packet instructions or until al dente. Drain and return to pan.



2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Dice courgettes, capsicum and tomato. Add to pan as you go along with **1 crushed garlic clove, salt and pepper**. Cook for 6-8 minutes until softened.



3. COOK THE FISH

Meanwhile, coat fish with 1/2 tbsp chopped rosemary leaves, **oil, salt and pepper**. Cook in a frypan over medium-high heat for 2-3 minutes each side.



4. TOSS THE PASTA

Add pesto (use to taste) and vegetables to pan with pasta. Toss until well combined. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Slice and serve fish fillets alongside pasta (see notes).

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**

