DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Thyme Fish
with Alfredo Pasta

Grilled fish fillets coated with fresh thyme and served on creamy Alfredo fettuccine with garlic and mushrooms.

For the little ones!

You can add some grated parmesan to the sauce for a cheesy flavour. Cut the pasta into shorter lengths to make it easier for little ones to eat!

🕐 30 minutes   🍴 4 servings   🐟 Fish

12 May 2023

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	16g	98g

FROM YOUR BOX

LONG PASTA	500g
BROWN ONION	1
SLICED MUSHROOMS	1 punnet (200g)
THYME	1 packet
SOUR CREAM	1 tub
WHITE FISH FILLETS	2 packets
BABY SPINACH	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, olive oil or butter, salt, pepper, 1 garlic clove, 1 stock cube

KEY UTENSILS

2 large frypans, saucepan

NOTES

Add remaining reserved cooking water to loosen the sauce if needed.

No gluten option – pasta is replaced with GF pasta.

1. COOK THE PASTA

Bring a saucepan of water to a boil. Add pasta and cook according to packet instructions. Reserve **1 cup cooking water** before draining pasta.

2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **1 tbsp olive oil** or **butter.** Dice and add onion. Cook for 5 minutes. Add mushrooms, **1 crushed garlic clove** and 1/2 packet thyme leaves. Cook until softened.

3. SIMMER THE SAUCE

Stir in **1 crumbled stock cube**, sour cream and **1 tub water.** Simmer for 3 minutes. Reduce pan heat to low.

4. COOK THE FISH

Coat fish with 1 tbsp thyme leaves, **oil, salt and pepper**. Heat a second frypan over medium-high heat. Cook in pan for 4-5 minutes each side or until golden.

5. TOSS THE PASTA

Stir spinach into sauce until wilted. Toss in cooked pasta and **1/2 cup reserved cooking water**. Season well with **salt and pepper** to taste.

6. FINISH AND SERVE

Divide fish and pasta among plates (see notes). Garnish with remaining thyme leaves (to taste).

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**