



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Capers


Capers are little flower buds! They come from the Flinders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.



A2 Lemon Butter Spaghetti with Fish and Crispy Capers

Thyme fish fillets, pan cooked until golden, served on a bed of spaghetti in a garlic, lemon and parsley butter sauce with cherry tomatoes and topped with crispy capers.

 25 minutes

 2 servings

 Fish

5 August 2022

Switch up the Sauce!

You can stir a tomato sugo or pesto through the pasta if you don't feel like a butter sauce. The fish can also be minced to make more of a bolognese style dish.

FROM YOUR BOX

LONG PASTA	1 packet (250g)
CHERRY TOMATOES	1 bag (200g)
COURGETTES	3
GARLIC CLOVE	1
WHITE FISH FILLETS	1 packet
CAPERS	1 jar
LEMON	1
PARSLEY	1 packet

FROM YOUR PANTRY

olive oil, butter, salt, pepper, dried thyme

KEY UTENSILS

2 frypans, saucepan

NOTES

You can also bake the fish in the oven if you only want to use one frypan. Add the drained capers to the pasta at the end.

You can toss some grated parmesan or chilli flakes through the pasta for an extra boost of flavour!

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. Reserve **1/4 cup cooking water** before draining. Set aside.



2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **olive oil**. Halve tomatoes and grate zucchini. Add to pan as you go, along with crushed garlic clove. Cook for 6-8 minutes until softened.



3. COOK THE FISH

Meanwhile, heat a second frypan over medium-high heat (see notes). Coat fish with **1/2 tsp thyme, salt and pepper**. Drain and add capers to pan with fish. Cook fillets for 3-4 minutes each side or until cooked through.



4. TOSS THE PASTA

Transfer cooked pasta to vegetables and reduce heat to medium. Add zest and juice from 1/2 lemon (wedge remaining), **1 tbsp butter** and **reserved cooking water**. Toss until combined and season with **salt and pepper**.



5. FINISH AND SERVE

Roughly chop parsley.

Divide lemon spaghetti among plates (see notes). Top with fish, crispy capers and parsley, and serve with lemon wedges.

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**

