



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Basil


The fridge can often be too cold for storing basil, causing the leaves to turn black. Instead, try trimming the stalk ends and place in a jar with 2cm water. Cover with a loose fitting bag and leave at room temperature.



A4 Almond Crusted Fish with Basil Oil

Oven baked almond crusted fish, served alongside golden potato gems, fresh salsa and basil oil.

 25 minutes

 4 servings

 Fish

4 February 2022

Mix it up!

For a creamier sauce, you can blend the basil with mayonnaise or yoghurt instead of oil and vinegar. Instead of making a nut crumb you can pan fry the fish and use the almonds to make a pesto with the basil!

FROM YOUR BOX

| | |
|--------------------|----------------|
| BABY POTATOES | 800g |
| ALMOND FLAKES | 1 packet (60g) |
| WHITE FISH FILLETS | 2 packets |
| BASIL | 1 packet |
| YELLOW CAPSICUM | 1 |
| CHERRY TOMATOES | 1 bag (200g) |
| AVOCADO | 1 |

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, dried thyme, sugar

KEY UTENSILS

2 oven trays, stick mixer or blender

NOTES

Add lemon zest or crushed garlic to the almond crumb for extra flavour if you have some.



1. ROAST THE POTATOES

Set oven to 220°C.

Quarter potatoes and toss on a lined oven tray with **oil, salt and pepper**. Roast for 20 minutes until cooked through.



2. BAKE THE FISH

Roughly chop almond flakes, toss with **1/2 tbsp olive oil**. Coat fish fillets with **1 tsp dried thyme** and place on a lined oven tray. Top with almond crumb. Roast in oven for 10-15 minutes until cooked through.



3. MAKE THE BASIL OIL

Roughly chop basil leaves. Blend together with **2 tbsp vinegar, 2 tsp sugar, 1/3 cup olive oil, salt and pepper** using a stick mixer or blender until smooth.



4. MAKE THE SALSA

Chop capsicum, halve tomatoes and avocado. Toss together.



5. FINISH AND SERVE

Divide potatoes, fish and salsa among plates. Serve with basil oil.

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**

