



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Rosemary

The smell of rosemary is often associated with good food and good times. It could just as easily be associated with good health, containing substances that may stimulate the immune system, increase circulation and improve digestion.



1 Chilli Butter Fish with Roast Veggies & Basil

A roast traybake of winter vegetables, tossed with fresh basil leaves, served with white fish fillets and a chilli garlic butter.

 30 minutes

 2 servings

 Fish

10 August 2020

Mix it up!

Add some toasted almonds or pepita seeds to the veggies for some extra crunch.

Per serve: **PROTEIN** 26g **TOTAL FAT** 9g **CARBOHYDRATES** 4g

FROM YOUR BOX

RED ONION	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
BUTTERNUT PUMPKIN	1/2 *
RED CAPSICUM	1/2 *
COURGETTES	2
ROSEMARY SPRIG	1
RED CHILLI	1
WHITE FISH FILLETS	1 packet
BASIL	1 packet (20g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt and pepper, garlic (1/2 clove), balsamic vinegar

KEY UTENSILS

frypan, oven tray

NOTES

If you prefer to not use butter you can use olive oil instead.

Rinse the fish fillets and pat dry before cooking to remove any stray scales.

No fish option – white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. ROAST THE VEGGIES

Set oven to 220°C. Take out **20g butter** to soften. Wedge onion and halve tomatoes. Slice pumpkin, capsicum and courgettes. Toss all together on a lined oven tray with 1 tsp chopped rosemary leaves, **oil, salt and pepper**. Roast in oven for 20-25 minutes until cooked through.



4. ADD THE BASIL

Pick basil leaves and toss through roast veggies. Add a splash of **balsamic vinegar**.



2. MAKE THE CHILLI BUTTER

Deseed and finely chop chilli. Add to a bowl (to taste) with **1/2 crushed garlic clove** and **20g softened butter** from step 1 (see notes). Use a fork to combine. Set aside.



5. FINISH AND PLATE

Divide roast veggies and fish among plates. Spoon over remaining chilli butter and garnish with remaining basil leaves.



3. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Season fish fillets with **salt and pepper**. Cook in pan for 4 minutes. Turn fish over and add 1/2 tbsp of chilli butter. Cook for a further 3-4 minutes until cooked through.

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

