



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: White Fish Fillets

White fish is low in fat and high in protein. Protein makes you feel fuller for longer and is essential for building muscles.





E2

Jerk Seasoned Fish Tray Bake

with Mint Pesto

Jerk seasoned fish and vegetables, roasted in a one-tray dish, served with fresh mint and sunflower seed pesto.

 25 minutes

 2 servings

 Fish

29 July 2022

Spice it up!

If you have extra time on your hands you can crumb the fish with any leftover lupin crumbs, quinoa crumbs or nuts (blended to a fine crumb). You can mix the mint with yoghurt or mayonnaise for a sauce instead of pesto.

Per serve: **PROTEIN** 31g **TOTAL FAT** 39g **CARBOHYDRATES** 51g

FROM YOUR BOX

RED ONION	1
TOMATO	1
SWEET POTATO	300g
ZUCCHINI	1
CORN COB	1
JERK SPICE MIX	1 packet
MINT	1 packet
SUNFLOWER SEEDS	1 packet (40g)
WHITE FISH FILLETS	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar of choice

KEY UTENSILS

oven tray, stick mixer (or small food processor)

NOTES

We used apple cider vinegar for the pesto; white vinegar, white wine vinegar or rice vinegar will all work well.

Loosen pesto with a more water if needed.

Cooking time will depend on the thickness of the fish fillets.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge onion, tomato and sweet potato. Slice zucchini and cut corn into cobettes. Toss on a lined oven tray with **oil**, 1/2 jerk spice mix, **salt and pepper**. Roast for 15 minutes (see step 4).



4. FINISH AND SERVE

Divide vegetables and fish fillets among plates. Serve with mint pesto.



2. MAKE THE PESTO

Roughly chop mint leaves and sunflower seeds. Use stick mixer to blend with **3 tbsp olive oil**, **2 tbsp vinegar** and **2 tbsp water** to smooth consistency (see notes).



3. COOK THE FISH

Coat fish fillets in **oil**, remaining jerk spice mix, **salt and pepper**. Place on top of vegetables and return to oven for 5-10 minutes (see notes) until fish is 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

