



### 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.



E4

## 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



4 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	TOTAL FAT	CARBOHYDRATES
	27g	23g	40g

## FROM YOUR BOX

RED ONION	1
TOMATOES	2
SWEET POTATO	600g
ZUCCHINI	1
CORN COB	1
JERK SPICE MIX	1 packet
MINT	1 packet
SUNFLOWER SEEDS	1 packet (40g)
WHITE FISH FILLETS	2 packets

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



## 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.



## 4. FINISH AND SERVE

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

**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](mailto:hello@dinnertwist.com.au)

