



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Almonds

Almonds are low in carbs, yet high in protein, fat and fibre — meaning they help you feel fuller for longer after eating them! In other words, they're a great snack or dinner ingredient.



1 Pan-Fried Fish with Romesco Sauce

A true winter warmer; fresh white fish fillets served with a side salad, roasted vegetables and a rich romesco sauce — made with almonds, garlic and roasted peppers.

 30 minutes

 2 servings

 Fish

23 July 2021

Roast it all

If preferred, you can wedge and add the tomato to the baking tray in step 1 to roast. You can also add the green beans to the baking tray for the last 5 minutes instead of blanching them.

FROM YOUR BOX

SWEET POTATO	1
CAULIFLOWER	1/2 *
ROASTED WHOLE PEPPERS	1/2 jar *
RAW ALMONDS	1 packet (40g)
GARLIC CLOVES	2
GREEN BEANS	1/2 bag (75g) *
TOMATO	1
CHIVES	1/3 bunch *
WHITE FISH FILLETS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, smoked paprika, dried oregano, red wine vinegar

KEY UTENSILS

frypan, oven tray, stick mixer or small food processor

NOTES

We kept the peel on the sweet potato for extra fibre, vitamins, and minerals.

For extra flavour, you can toast the almonds in a frypan before adding to the sauce.

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 VEGETABLES

Set oven to 220°C.

Dice sweet potato (see notes) and cut cauliflower into small florets. Toss on a lined oven tray with **oil, 1 tsp paprika and 1/2 tsp oregano**. Roast for 20 minutes or until golden and tender.



2. MAKE THE SAUCE

Roughly chop the peppers, almonds (see notes) and 1 clove of garlic. Place into a jug with **3 tbsp olive oil, 1 tbsp vinegar, salt and pepper**. Blend to a smooth consistency using a stick mixer or blender.



3. BLANCH THE BEANS

Heat a frypan with **3 tbsp water** over medium-high heat. Cut beans into 3cm pieces and add to pan for 2-3 minutes until just tender. Drain and run under cold water. Keep pan.



4. MAKE THE SALAD

Wedge tomato and toss together in a bowl with the beans, chopped chives (keep a few for garnish), **1/2 tbsp olive oil, salt and pepper**.



5. COOK THE FISH

Re-heat frypan over medium-high heat. Toss fish with **oil, 1 tsp paprika, salt, pepper** and remaining 1 crushed garlic clove. Cook for 3-4 minutes each side or until cooked through.



6. FINISH AND PLATE

Serve fish, roasted vegetables and salad on plates with romesco sauce and a sprinkle of chives.

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

