



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Dutch Carrots

The green tops of Dutch carrots are great in pesto! Rinse well, drain, & blend with pesto ingredients of your choice like roasted pine nuts, garlic, olive oil, & lemon juice.



1 Pesto Fish with Roasted Veggies

A simple summer meal with minimal hands-on work. A mild green pesto that complements the delicate white fish fillets, served alongside tender roasted seasonal vegetables.

 30 minutes

 2 servings

 Fish

1 February 2021

Crunchy fish

Don't want to use the oven? Quarter and boil the potatoes and carrots. Cool and toss with half the pesto. Cover the fish in whisked egg, then crushed cornflakes/panko, and pan-fry in oil/butter until crispy and cooked through. Serve capsicum sticks and sprouts on the side.

FROM YOUR BOX

BABY POTATOES	400g
DUTCH CARROTS	1 bunch
SPRING ONIONS	2
GREEN PESTO	100g
NATURAL YOGHURT	1/2 tub (100g) *
WHITE FISH FILLETS	1 packet
RED CAPSICUM	1/2 *
TRIO OF SPROUTS (SNOW PEA)	1/3 punnet *
FRESH BASIL	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, balsamic vinegar

KEY UTENSILS

oven tray, baking dish

NOTES

Add the capsicum to the tray bake if preferred.

No fish option – white fish fillets are replaced with chicken stir-fry strips. Step 3: heat a frypan with oil over medium-high heat. Season chicken with salt and pepper, cook for 5-6 minutes, take off heat, pour in the pesto sauce and stir to combine.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Halve potatoes and place on a lined oven tray with trimmed dutch carrots and sliced spring onions (about 3 cm pieces). Toss with **oil, salt and pepper**. Roast for 20 minutes or until golden and tender.



4. PREPARE THE TOPPING

Dice capsicum (see notes) and cut sprouts into thirds. Toss together with **1 tsp olive oil, 1 tsp vinegar, salt and pepper**.



2. MAKE THE PESTO SAUCE

In a bowl, whisk together pesto and yoghurt.



3. COOK THE FISH

Line a baking dish with baking paper and add in fish, season with **salt and pepper**. Pour over 1/2 the pesto sauce and toss to coat. Cook in the oven for 8-10 minutes or until cooked through.



5. FINISH AND PLATE

Slice basil.

Divide roast vegetables and fish among plates. Top with fresh topping and basil, serve remaining pesto sauce on the side.

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

