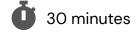




Pesto Fish

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.





4 servings



Fish

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	800g
DUTCH CARROTS	1 bunch
ZUCCHINI	1
SPRING ONIONS	1/4 bunch *
GREEN PESTO	1 jar (135g)
NATURAL YOGHURT	1/2 tub (250g) *
WHITE FISH FILLETS	2 packets
RED CAPSICUM	1
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

If preferred, add the capsicum to the tray bake.

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, roughly diced zucchini and sliced spring onions (about 3 cm pieces). Toss with **oil**, **salt and pepper**. Roast for 20 minutes or until golden and tender.



2. MAKE THE PESTO SAUCE

In a bowl, whisk together pesto and 1 cup 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.



4. PREPARE THE TOPPING

Dice capsicum (see notes) and cut sprouts into thirds. Toss together with 1/2 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper.



5. FINISH AND PLATE

Slice basil.

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





