



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

 4 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	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.



### 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**.



### 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.



### 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.

**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**

