



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Feta Cheese


Did you know that feta is one of the world's oldest cheeses? The legendary Greek writer Homer actually mentioned it in his epic poem "Odyssey."



1 Spring Pasta with Lemon Fish

A simple but tasty spring style pasta. Spring onions, garlic, lemon and cherry tomatoes combined to give you a tasty and quick to the table dinner.

 30 minutes

 4 servings

 Fish

10 September 2021

Make it saucy!

*Prefer your pasta with a tomato sauce?
Simply add a jar of your favourite pasta
sauce at step 3.*

FROM YOUR BOX

LONG PASTA	1 packet (500g)
SPRING ONIONS	1/2 bunch *
GARLIC CLOVES	2
ZUCCHINI	1
CHERRY TOMATOES	1/2 bag (200g) *
LEMON	1
WHITE FISH FILLETS	2 packets
FETA CHEESE	1/2 packet *
PARSLEY	1/2 bunch *
SNOW PEAS	1/2 bag (125g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, dried thyme

KEY UTENSILS

large frypan, saucepan

NOTES

Add any extra lemon zest into the pasta or sprinkle over the top when serving.

Add some chilli flakes over the pasta when serving for some added heat.

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. Thinly slice to serve.

No gluten option - pasta is replaced with GF pasta.



1. BOIL THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions or until al dente. Drain and return to pan reserving **1 cup pasta water**.



2. COOK THE SPRING ONION

Heat a large frypan with **3 tbsp oil** over medium heat. Slice and add spring onions along with crushed garlic and **2 tsp thyme**. Cook for 2 minutes.



3. ADD THE VEGETABLES

Grate zucchini and halve tomatoes. Add to pan as you go with **1/2 cup water**. Cover and simmer for 5 minutes. Add to drained pasta. Mix well. Reserve pan for step 4.



4. COOK THE FISH

Zest lemon.

Re-heat pan over medium-high heat. Rub fish with 2 tsp lemon zest (see notes), **oil, salt and pepper**. Cook for 3-4 minutes each side or until cooked through. Break into large pieces.



5. TOSS THE PASTA

Crumble feta and chop parsley. Fold through pasta with juice from 1/2 lemon (wedge remaining) and **1/2 cup pasta water**. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Trim and slice snow peas.

Serve pasta among bowls. Top with fish and snow peas. Drizzle with **olive oil** (optional) and serve with lemon wedge.

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

