



Product Spotlight: Basil

Basil can help restore the body's natural pH levels and feeds healthy bacteria within the gut microflora. A healthy gut promotes good digestion and boosts immunity.



Almond Crumbed Fish with Herbaceous Basil Oil

White fish fillets, crumbed with flaked almonds and baked, served with roasted sweet potato, fresh tomato and avocado salsa and a vibrant, herby basil oil.



35 minutes



2 servings



Fish

Switch it up!

Use the almonds and basil to make a pesto! Add some lemon juice or vinegar, grated Parmesan cheese and blend to pesto consistency.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	35g	105g

FROM YOUR BOX

SWEET POTATOES	400g
FLAKED ALMONDS	40g
WHITE FISH FILLETS	1 packet
BASIL	20g
YELLOW CAPSICUM	1
TOMATO	1
AVOCADO	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried thyme, white wine vinegar, sugar of choice (see notes)

KEY UTENSILS

oven tray, stick mixer (or small blender)

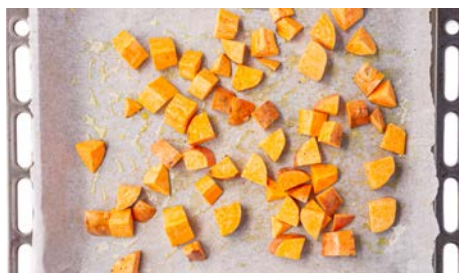
NOTES

We used raw sugar to make the basil oil. White sugar, honey, maple syrup, coconut sugar and palm sugar would all work well. Use to taste.

If you don't want to get the stick mixer out to make the basil oil, fear not! Finely chop the basil and mix in a bowl with remaining ingredients.



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1. ROAST THE SWEET POTATO

Set oven to 220°C.

Roughly dice sweet potatoes. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 25–30 minutes until tender and golden (see step 2).



4. MAKE THE SALSA

Chop capsicum, dice tomato and avocado. Toss to combine.



2. BAKE THE FISH

Roughly chop flaked almonds. Add to a bowl with **1/2 tbsp olive oil**. Coat fish with **oil, 1 tsp dried thyme, salt and pepper**. Place on oven tray with sweet potato and top with almond crumb. Bake for 10–12 minutes until cooked through.



5. FINISH AND SERVE

Divide potatoes, fish and salsa among plates. Serve with basil oil.



3. MAKE THE BASIL OIL

Roughly chop basil leaves. Use a stick mixer (see notes) to blend with **2 tbsp vinegar, 2 tsp sugar, 1/3 cup olive oil, salt and pepper** to a smooth consistency.

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**

