



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: LEMON

Not only is lemon rich in flavour — it also packs an abundance of vitamin C. This tangy citrus fruit is a classic addition to both sweet and savoury dishes.



1. LEMON AND OLIVE PASTA

WITH PAN-FRIED FISH

 30 Minutes

 4 Servings

This simple pasta dish is rich in flavour from tangy lemon and salty olives. Served with pan-fried white fish fillets.

FROM YOUR BOX

SHORT PASTA	1 packet (500g)
SPRING ONIONS	1/2 bunch *
GARLIC CLOVES	2
RED CAPSICUM	1
ZUCCHINI	1
BROCCOLINI	1 bunch
LEMON	1
RICOTTA CHEESE	1/2 tub (250g) *
GREEN OLIVES	1/2 tub *
WHITE FISH FILLETS	2 packets

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, lemon pepper, dried oregano

KEY UTENSILS

saucepan, large frypan

NOTES

For extra flavour you can use the oil from the tub of green olives for sautéing the spring onions.

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.

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions or until al dente. Drain, reserving **1/4 cup water**. Return to saucepan.



4. TOSS THE PASTA

Add vegetables and **reserved pasta water** to saucepan with pasta and toss to combine (reserve frypan for step 5). Season with **salt and pepper**.



2. SAUTÉ THE SPRING ONIONS

Heat a large frypan with **3 tbsp olive oil** (see notes) over medium heat. Slice and add spring onions (keep some green tops for garnish), crushed garlic, **3 tsp oregano and 1 tsp lemon pepper**.



5. COOK THE FISH

Reheat frypan with **oil** over medium-high heat. Season fish with **1 tsp oregano, salt and pepper**. Cook for 3-4 minutes on each side or until cooked through.



3. ADD THE VEGETABLES

Slice capsicum and zucchini, trim broccolini. Add to pan as you go and cook for 3-4 minutes. Zest lemon to yield 2 tsp and add to pan with ricotta, olives and juice from 1/2 lemon.



6. FINISH AND PLATE

Wedge remaining lemon.

Divide pasta among bowls. Top with fish and sprinkle with reserved spring onion tops. Serve with lemon wedge.

How did the cooking go? We'd love to know - help us by sharing your thoughts!

Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

