



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Halloumi


“Squeaky” or “grilling” cheese are other names for this popular and delicious cheese! Originally from Cyprus and using non-animal rennet, this cheese is meant to be heated up prior to eating!



1 Mint Pesto Fish with Halloumi Tray Bake

A speedy tray bake with corn, tomatoes and halloumi tossed with a little chilli spice, served with white fish and a creamy home made mint pesto.

 30 minutes

 4 servings

 Fish

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Mix it up!

Toss your veggies with cumin seeds, fennel seeds or a pre-made cajun spice mix to change it up! If you have extra time on your hands you can make a nut crumb out of the almonds and blending the mint with yoghurt or mayonnaise for a sauce instead.

Per serve: **PROTEIN** 38g **TOTAL FAT** 50g **CARBOHYDRATES** 18g

FROM YOUR BOX

RED ONION	1/2 *
ZUCCHINI	1
RED CAPSICUM	1
CORN COBS	2
HALLOUMI	1 packet
CHERRY TOMATOES	1 bag (200g)
MINT	1/2 bunch *
ALMONDS	1/2 packet (40g) *
WHITE FISH FILLETS	2 packets

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, salt and pepper, chilli flakes, ground coriander, dried thyme, red wine vinegar

KEY UTENSILS

oven dish, stick mixer or small food processor

NOTES

If you don't have a deep oven dish you can use two oven trays instead.

The cook time for the fish will depend on the thickness of the fillet.

No fish option - white fish fillets are replaced with chicken schnitzels. Coat with oil, salt and pepper. Cook in a frypan over medium-high heat for 4-5 minutes each side or until cooked through.



1. PREPARE THE VEGETABLES

Set oven to 220°C.

Wedge onion, slice zucchini and capsicum. Cut corn into cobbettes. Tear apart halloumi into chunks. Add to a lined oven dish with tomatoes.



2. ROAST THE VEGETABLES

Add **1 tbsp ground coriander**, **1/2 tsp chilli flakes** and **1 tsp dried thyme** along with **1/4 cup olive oil** to vegetables. Season with **salt and pepper** and toss to combine. Roast for 15 minutes (see step 4).

3. MAKE THE PESTO

Roughly chop mint leaves and almonds. Blend together with **2 tbsp vinegar**, **3 tbsp olive oil** and **1 tbsp water** until smooth. Season with **salt and pepper** to taste.



4. COOK THE FISH

Coat fish fillets with **oil, salt and pepper**. Place on top of vegetables and return to oven for 5-10 minutes until fish is cooked through (see notes).



5. FINISH AND PLATE

Divide vegetables and fish over plates. Serve with mint pesto on top.

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

