



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.



Parmesan Crusted Fish with Ratatouille

White fish fillets coated in parmesan cheese and baked until crispy; served with a rainbow vegetable ratatouille and fresh basil.



30 minutes



2 servings



Fish

25 August 2023

Bake it!

Bake the ratatouille instead of cooking it on the stovetop. Cut vegetables and coat with oil, oregano, salt and pepper. Arrange in an oven dish and pour in tomatoes. Cover and bake for 40 minutes until vegetables are tender.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	49g	19g	43g

FROM YOUR BOX

BROWN ONION	1
MEDIUM EGGPLANT	1
ZUCCHINI	1
GREEN CAPSICUM	1
PARMESAN CHEESE	1 packet
CHOPPED TOMATOES	400g
WHITE FISH FILLET	1 packet
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, cornflour, dried oregano, balsamic vinegar

KEY UTENSILS

large frypan, oven tray, small blender

NOTES

If you don't have a small blender, you can add the ingredients to a bowl or jug and use a stick mixer to blend to a fine crumb.

If you want to speed this dish up, you can skip crumbing the fish. Coat the fillets in oil, oregano, salt and pepper. Pan-fry over medium-high heat until cooked through. Use the parmesan to garnish.



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1. COOK THE VEGETABLES

Set oven to 220°C.

Heat a large frypan over medium-high heat with **oil**. Wedge onion and dice eggplant. Slice zucchini and capsicum. Add to pan along with **1 1/2 tbsp oregano**. Cook, stirring for 4-6 minutes.



4. BAKE THE FISH

Cut fish fillets into strips and coat with **oil** (see notes). Spread parmesan crumb onto a plate and press strips into crumb to coat. Place on a lined oven tray. Bake for 8-10 minutes until golden and cooked through.



2. MAKE PARMESAN CRUMB

Meanwhile, use a small blender to blend 1/2 packet parmesan cheese, **1 tbsp cornflour** and **2 tsp oregano** to a fine crumb (see notes).



5. FINISH AND SERVE

Roughly chop basil leaves.

Divide ratatouille among bowls along with parmesan fish. Garnish with remaining parmesan and basil.



3. SIMMER THE VEGETABLES

Add chopped tomatoes, **1/2 tin water** and **3 tsp balsamic vinegar** to frypan. Simmer, semi-covered, for 10 minutes until vegetables are tender. Season with **salt and pepper**.

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