



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Sun-Dried Tomatoes

Sun-dried tomatoes are high in potassium, manganese and vitamin C. The practice of sun-drying may have originated in Italy, using the tiled rooftops to dry tomatoes for use during the winter months.



## R4 Red Pesto Baked Fish with Roasted Vegetables

White fish fillets coated with homemade sun-dried tomato red pesto and oven baked, served with roasted vegetables and fresh pear and rocket leaves.



30 minutes



4 servings



Fish

14 October 2022

## Switch it up!

*For a meal that is a little less involved, skip making the red pesto. Slice the sun-dried tomatoes and them add to the salad. Coat fish in oil, salt, pepper and a dried herb (rosemary, thyme, or oregano) and cook in a frypan for 3-4 minutes each side.*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 38g     | 22g       | 45g           |

## FROM YOUR BOX

|                    |                |
|--------------------|----------------|
| FENNEL             | 1              |
| BEETROOTS          | 3              |
| ALMONDS            | 1 packet (40g) |
| SUN-DRIED TOMATOES | 1 packet       |
| WHITE FISH FILLETS | 2 packets      |
| PEAR               | 1              |
| ROCKET LEAVES      | 1 bag (120g)   |

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, fennel seeds, balsamic vinegar

## KEY UTENSILS

oven trays x 2, stick mixer or small blender

## NOTES

Thinly wedge the fennel and beetroots for faster roasting time.

Reserve fennel fronds for garnish if desired.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge fennel and beetroots (see notes). Toss on a lined oven tray with **oil**, **3 tsp fennel seeds**, **salt and pepper**. Roast for 20–25 minutes until tender.



### 4. PREPARE THE SALAD

In a large bowl whisk together **2 tbsp olive oil** and **1 tbsp vinegar**. Thinly slice pear. Add to bowl along with rocket leaves. Toss to combine.



### 2. MAKE THE PESTO

Add almonds and sun-dried tomatoes to a jug along with **1/4 cup olive oil**, **1 tbsp water** and **1 tbsp vinegar**. Blend to a chunky consistency.



### 3. BAKE THE FISH

Place fish on a second lined oven tray. Season with **salt and pepper**. Spoon prepared pesto onto schnitzels. Bake for 8–12 minutes until fish is cooked through.



### 5. FINISH AND SERVE

Divide salad and roasted vegetables among plates. Serve with pesto fish.

**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**

