

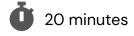




# **Italian Fish**

# with Pesto Pasta

Seared herby white fish fillets served on top of tagliatelle pasta, tossed with pesto, cherry tomatoes and capsicum. A speedy family favourite!





2 servings



Fish

# Garnish it!

Add fresh basil, parmesan cheese or toasted pine nuts to this dish if you have some!

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

29g 30g

)g

40g

#### FROM YOUR BOX

LONG PASTA	1 packet (250g)
WHITE FISH FILLETS	1 packet
BROWN ONION	1
YELLOW CAPSICUM	1
CHERRY TOMATOES	1 packet (200g)
PESTO	1 jar

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs

#### **KEY UTENSILS**

2 frypans, saucepan

#### **NOTES**

Use cream or sour cream instead of the reserved cooking liquid for a creamier pasta sauce.

You can flake the fish and toss through the pasta if preferred.

No gluten option - pasta is replaced with GF pasta.



#### 1. COOK THE PASTA

Bring a saucepan of water to a boil. Add pasta to boiling water and cook according to packet instructions or until al dente. Reserve 1/2 cup cooking liquid before draining. Set aside.



### 2. COOK THE FISH

Coat fish with 1 tsp Italian herbs, oil, salt and pepper. Cook in a frypan over medium-high heat for 3-4 minutes each side or until cooked through.



# 3. SAUTÉ THE VEGETABLES

Meanwhile, heat a large frypan over medium-high heat with oil. Dice onion and capsicum. Halve tomatoes. Add to pan as you go. Cook for 5 minutes until softened.



## 4. TOSS THE PASTA

Stir pesto and reserved cooking liquid into pan (see notes). Add cooked pasta and toss until well combined. Season to taste with salt and pepper.



# **5. FINISH AND SERVE**

Serve fish on top of pasta (see notes).



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