

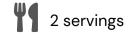


# Thyme Fish

## with Alfredo Pasta

Grilled fish fillets coated with fresh thyme and served on creamy Alfredo fettuccine with garlic and mushrooms.







# For the little ones!

You can add some grated parmesan to the sauce for a cheesy flavour. Cut the pasta into shorter lengths to make it easier for little ones to eat!

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES
44g 29g 104g

#### FROM YOUR BOX

LONG PASTA	500g
BROWN ONION	1
SLICED MUSHROOMS	1 punnet (200g)
ТНҮМЕ	1 packet
SOUR CREAM	1 tub
WHITE FISH FILLETS	1 packet
BABY SPINACH	1 bag (60g)

#### FROM YOUR PANTRY

oil for cooking, olive oil or butter, salt, pepper, 1 garlic clove, 1 stock cube

#### **KEY UTENSILS**

2 large frypans, saucepan

#### **NOTES**

Add remaining reserved cooking water to loosen the sauce if needed.

No gluten option - pasta is replaced with GF pasta.



#### 1. COOK THE PASTA

Bring a saucepan of water to a boil. Add 1/2 packet pasta and cook according to packet instructions. Reserve 1/2 cup cooking water before draining pasta.



### 2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with 1 tbsp olive oil or butter. Dice and add onion. Cook for 5 minutes. Add mushrooms, 1 crushed garlic clove and 1/2 packet thyme leaves. Cook until softened.



#### 3. SIMMER THE SAUCE

Stir in 1 crumbled stock cube, sour cream and 1 tub water. Simmer for 3 minutes. Reduce pan heat to low.



#### 4. COOK THE FISH

Coat fish with 1/2 tbsp thyme leaves, oil, salt and pepper. Heat a second frypan over medium-high heat. Cook in pan for 4-5 minutes each side or until golden.



#### **5. TOSS THE PASTA**

Stir spinach into sauce until wilted. Toss in cooked pasta and 1/4 cup reserved cooking water. Season well with salt and pepper to taste.



#### 6. FINISH AND SERVE

Divide fish and pasta among plates (see notes). Garnish with remaining thyme leaves (to taste).



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