



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Pine nuts


Pine nuts are seeds from pine trees. You'll find them between the scales of pine cones. While all pine trees yield pine nuts, only about 20 species have pine nuts large enough to be worth eating.



## S4 Creamy Sun-dried Tomato Pasta with Fish

A deliciously creamy sauce made from sun-dried tomatoes blended with sour cream tossed with pasta, tender fish pieces and baby spinach and finished with toasted pine nuts.

 20 minutes

 4 servings

 Fish

23 September 2022

## Cooking for little ones!

*You can cook the whole fish fillets and cut them into smaller pieces before returning to the sauce for smaller bites. Finely chop the spinach before tossing it through the pasta to hide the greens.*

## FROM YOUR BOX

SHORT PASTA	1 packet (500g)
SUN-DRIED TOMATOES	1 jar
SOUR CREAM	1 tub
PINE NUTS	1 packet
BROWN ONION	1
WHITE FISH FILLETS	2 packets
TOMATOES	2
BABY SPINACH	1 bag (120g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

## KEY UTENSILS

large frypan, saucepan, stick mixer or blender

## NOTES

You can cook the fish separately and serve with a side of 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 cup cooking water** before draining.



### 2. BLEND THE SAUCE

Drain sun-dried tomatoes (reserve oil) and blend with sour cream using a stick mixer or blender until smooth. Set aside.



### 3. TOAST NUTS & COOK FISH

Add pine nuts to a dry frypan over medium-high heat. Toast for 5 minutes until golden. Remove and keep pan on heat. Coat fish with 1 tsp oregano, oil, salt and pepper. Cook in pan (after nuts are toasted) for 3-4 minutes each side. Remove and set aside.



### 4. COOK VEGETABLES

Add 2 tbsp reserved oil from sun-dried tomatoes. Dice onion and tomatoes and add to pan (see notes). Stir in **2 tsp oregano** and cook for 5 minutes until softened.



### 5. TOSS THE PASTA

Add spinach, sauce, cooked pasta and reserved cooking water to pan. Toss until well combined and spinach has wilted. Season with **salt and pepper** to taste.



### 6. FINISH AND SERVE

Garnish pasta with toasted pine nuts and serve at the table. Serve fish alongside pasta.

**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](mailto:hello@dinnertwist.com.au)

