



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Broccoli

Tiny flower buds make up the head of broccoli, and if you don't harvest it on time, the broccoli will be full of yellow flowers!



## S4 Italian Fish with Pasta Puttanesca

Thyme fish fillets cooked until golden and served alongside a classic tomato sugo spaghetti with green olives and a side of broccoli florets.



25 minutes



4 servings



Fish

4 November 2022

## Switch it up!

*You can crumb the fish and add some cheese for a parmigiana style pasta dish!*

## FROM YOUR BOX

LONG PASTA	1 packet (500g)
BROCCOLI	1
BROWN ONION	1
CARROT	1
WHITE FISH FILLETS	2 packets
SLICED GREEN OLIVES	1 jar
TOMATO SUGO	1 jar

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

## KEY UTENSILS

saucepan, large frypan

## NOTES

You can toss the broccoli with the pasta instead of keeping it on the side if preferred. If serving on the side, you can toss it with some butter or olive oil, salt and pepper.

**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 for 5 minutes.



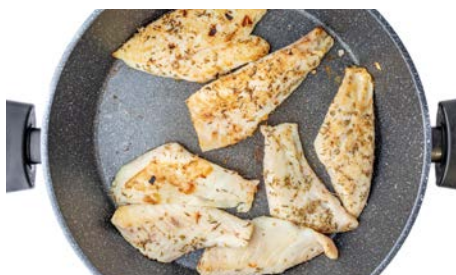
### 2. ADD THE BROCCOLI

Cut broccoli into small florets. Add to pan with pasta and cook for 3-4 minutes until pasta is al dente. Drain pasta and return to pan. Set broccoli aside (see notes).



### 3. SAUTÉ THE VEGETABLES

Meanwhile, heat a large frypan over medium-high heat with **oil**. Dice onion and carrot. Add to pan as you go along with **1 tsp thyme**. Cook for 6-8 minutes until softened. Remove vegetables from frypan, add to drained pasta. Keep pan on heat.



### 4. COOK THE FISH

Coat fish with **2 tsp thyme, oil, salt and pepper**. Cook in pan for 3-4 minutes each side or until cooked through.



### 5. TOSS THE PASTA

Drain olives and toss in saucepan with pasta, tomato sugo, sautéed onion and carrot. Season with **salt and pepper** to taste.



### 6. FINISH AND SERVE

Serve the fish fillets alongside pasta and broccoli.

**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)

