

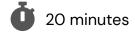




Italian Fish

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!





4 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

27g 16

16g

33g

FROM YOUR BOX

LONG PASTA	1 packet (500g)
WHITE FISH FILLETS	2 packets
BROWN ONION	1
YELLOW CAPSICUM	1
CHERRY TOMATOES	2 packets (2x 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 and cook according to packet instructions or until al dente. Reserve 1 cup cooking liquid before draining. Set aside.



2. COOK THE FISH

Coat fish with 2 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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