



Product Spotlight: Cherry Tomatoes

Although tomatoes are fruit, they are more like vegetables nutritionally. Keep them on your benchtop for a rich, ripe flavour.



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!



20 minutes



4 servings



Fish

1 September 2023

Garnish it!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g	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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