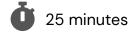


# Rosemary Fish

# with Pesto Pasta

Grilled rosemary white fish fillets, sliced and served alongside pesto tossed spaghetti with garlic vegetables.





4 servings



Fish

# Switch it up!

You can roast the vegetables and serve them separate from the fish and pasta if preferred. Garnish the pasta with fresh basil or parmesan cheese if you have some.

#### FROM YOUR BOX

LONG PASTA	1 packet (500g)
ZUCCHINI	1
YELLOW CAPSICUM	1
TOMATOES	2
WHITE FISH FILLETS	2 packets
ROSEMARY SPRIG	1
GREEN PESTO	1 jar

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 garlic clove

#### **KEY UTENSILS**

griddle pan or frypan, frypan, large saucepan

#### **NOTES**

To use up all the pesto in the jar, add a little water to the empty jar, close and shake to rinse. Add pesto water to pasta and stir through.

You can slice 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 to boiling water and cook according to packet instructions or until al dente. Drain and return to pan.



# 2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with oil. Dice zucchini, capsicum and tomatoes. Add to pan as you go along with 1 crushed garlic clove, salt and pepper. Cook for 6-8 minutes until softened.



# 3. COOK THE FISH

Meanwhile, coat fish with 1 tbsp chopped rosemary leaves, oil, salt and pepper. Cook in a frypan over medium-high heat for 2-3 minutes each side.



# 4. TOSS THE PASTA

Add pesto and vegetables to pan with pasta (see notes). Toss until well combined. Season to taste with **salt and pepper**.



## 5. FINISH AND SERVE

Slice and serve fish fillets alongside pasta (see notes).



