



DINNER TWIST
LOCAL, HEALTHY, DELIVERED






Product Spotlight: Sun-dried tomatoes

Sun-dried tomatoes originate in southern Italy. Here, people would dry fresh tomatoes on their tin rooftops for days, preserving them for winter. (Hopefully, not too many birds flew past overhead!)



1 Tomato Pesto Fish with Roasted Vegetables

Wholesome, easy, and colourful! This family-friendly dinner features fresh WA-caught fish, nutritious veggies, and a homemade tomato-cashew-garlic pesto you'll want to recreate again and again.

 30 minutes  4 servings  Fish

22 June 2020

Skip the oven

You can skip the oven in this recipe and instead boil the potatoes and pan-fry the green beans, onion & capsicum. Fry the fish too, and serve all with the homemade pesto.

FROM YOUR BOX

BABY POTATOES	800g
RED ONION	1
RED CAPSICUM	1
SUN-DRIED TOMATOES	1/2 packet (125g) *
GARLIC CLOVE	1
CASHEW NUTS	1/2 packet (40g) *
GREEN BEANS	1 packet (250g)
WHITE FISH FILLETS	2 packets

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil (for cooking), salt, pepper, red wine vinegar, dried oregano

KEY UTENSILS

large frypan, oven tray, stick blender

NOTES

You can also add a little oil from the sun-dried tomato packet to the pesto before blending for extra flavour.

Any leftover pesto keeps for a few days in the fridge, and can also be frozen for later.

If preferred, cook the beans in 1/4 cup water in the frypan before frying the fish.

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Quarter potatoes, slice onion and capsicum. Toss on a lined oven tray with **oil, salt, pepper and 2 tsp oregano**. Roast for 20-25 minutes or until tender.



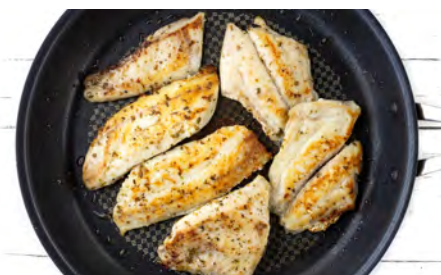
2. MAKE THE PESTO

Place sun-dried tomatoes (see notes), garlic, cashews, **2 tbsp olive oil and 1 tbsp vinegar** in a jug. Blend, using a stick mixer. Season with **salt and pepper** (see notes).



3. COOK THE BEANS

Trim and halve beans, add to the oven tray for the last 5 minutes of cooking (see notes).



4. COOK THE FISH

Heat a frypan with **oil**. Season fish with **1 tsp oregano, salt and pepper**. Add to pan and cook for 3-4 minutes on each side or until cooked through.



5. FINISH AND PLATE

Divide vegetables among plates, top with fish and pesto.

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**

