



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



2 servings



Fish

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 | 400g |
| SHALLOT | 1 |
| RED CAPSICUM | 1/2 * |
| SUN-DRIED TOMATOES | 1/2 packet (125g) * |
| GARLIC CLOVE | 1 |
| CASHEW NUTS | 1/2 packet (40g) * |
| GREEN BEANS | 1 packet (150g) |
| WHITE FISH FILLETS | 1 packet |
| FRESH OREGANO | 1/3 packet * |

*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 2 tbsp 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 shallot and capsicum. Toss on a lined oven tray with **oil, salt, pepper and 1 tsp dried 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 fresh oregano leaves, **salt and pepper**. Add to pan and cook for 3–4 minutes 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**

