




Product Spotlight: Fennel

Fennel belongs to the same family as parsley, dill and coriander. The bulb, stalk, leaves and seeds of the fennel are all edible!



1 Mint Pesto Fish Tray Bake

Jerk seasoned fish and vegetables, roasted in a one-tray dish, served with fresh mint and almond pesto.

 30 mins

 2 servings

 Fish

3 September 2021

Mix it up!

If you have extra time on your hands you can make a nut crumb for the fish out of the almonds. Blend the mint with yoghurt or mayonnaise for a sauce instead of pesto.

Per serve: **PROTEIN** 33g **TOTAL FAT** 33g **CARBOHYDRATES** 40g

FROM YOUR BOX

RED ONION	1/2 *
FENNEL	1
BROCCOLI	1/2 *
CORN COB	1
CHERRY TOMATOES	1 bag (200g)
JERK SPICE MIX	1 packet (20g)
MINT	1 packet
ALMONDS	1 packet (40g)
WHITE FISH FILLETS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, vinegar (of choice)

KEY UTENSILS

oven tray, stick mixer or small food processor

NOTES

If you like chilli, add 1/2 tsp chilli flakes to your vegetables.

Loosen with more water if needed.

The cook time for the fish will depend on the thickness of the fillets.

Any remaining jerk spice mix can be stirred through hummus or yoghurt for a dip.

No fish option – white fish fillets are replaced with chicken schnitzels. Cook in a frypan over medium-high heat for 4-5 minutes each side, or until cooked through.



1. PREPARE THE VEGETABLES

Set oven to 220°C.

Wedge onion and fennel, chop broccoli and cut corn into cobs. Add to a lined oven tray with tomatoes.



2. ROAST THE VEGETABLES

Toss the vegetables in oil and 1 tbsp jerk spice mix (see notes). Roast for 15 minutes (see step 4).



3. MAKE THE PESTO

Roughly chop mint leaves and almonds. Blend together with **2 tbsp vinegar**, **3 tbsp olive oil** and **2 tbsp water** to smooth consistency using a stick mixer or processor (see notes). Season with **salt and pepper** to taste.



4. COOK THE FISH

Coat the fish fillets in oil, 1/2 tbsp jerk spice mix, **salt and pepper**. Place on top of vegetables and return to oven for 5-10 minutes until fish is cooked through (see notes).



5. FINISH AND SERVE

Divide vegetables and fish among plates. Serve with mint pesto on top.

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**

