



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Pumpkin

Also known as butternut squash, butternut pumpkin is a type of winter squash that grows on a vine. It has a sweet, nutty taste similar to that of pumpkin!





Spice it up!

Use fresh rosemary on the fish instead of dried if you have some. Other fresh herbs such as thyme, oregano or marjoram will also work well!

1 Herb & Lemon Fish with Asparagus

A creamy pumpkin mash with a tender asparagus and green bean medley, toasted almonds and lemon butter fish. All the flavours of spring!

 30 minutes

 4 servings

 Fish

28 September 2020

Per serve: **PROTEIN** 28g **TOTAL FAT** 16g **CARBOHYDRATES** 28g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1/2 *
CARROTS	3
ASPARAGUS	1 bunch
GREEN BEANS	1/2 bag (125g) *
CHERRY TOMATOES	1/2 bag (200g) *
ALMONDS	1/2 bag (65g) *
LEMON	1/2 *
WHITE FISH FILLETS	2 packets

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, dried rosemary (or herb of choice), garlic (1 clove)

KEY UTENSILS

large frypan, saucepan

NOTES

Halve the pumpkin lengthways so you get an even amount in the dishes it is split between. If you prefer a little texture in your mash you can keep the skin on the pumpkin.

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. COOK THE PUMPKIN

Peel and dice pumpkin and carrots (see notes). Add to a saucepan and cover with water. Bring to the boil and cook for 10-12 minutes until softened. Drain and roughly mash. Season with **salt and pepper** to taste.



2. COOK THE VEGETABLES

Trim and halve asparagus and beans. Halve cherry tomatoes. Roughly chop almonds. Add to a frypan over medium-high heat with **olive oil**. Cook for 4-5 minutes until vegetables are tender. Season with **salt and pepper**. Remove from pan.



3. MAKE THE LEMON SAUCE

Reduce pan heat to low. Add **1 tbsp butter**, **1 tbsp olive oil** and lemon juice to pan. Crush in **1 garlic clove**. Cook, stirring, for 1 minute then remove to a bowl.



4. COOK THE FISH

Coat fish fillets with **1 tsp dried rosemary, oil, salt and pepper**. Reheat pan over medium-high heat. Cook for 3-4 minutes each side or until cooked through.



5. FINISH AND PLATE

Divide pumpkin mash, vegetables and fish over plates. Spoon over lemon sauce.

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**

