



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Basil


Basil helps restore the body's natural pH levels and feeds healthy bacteria within the gut microflora. A healthy gut promotes good digestion and boosts immunity.



1 Nut Crumbed Fish with Mediterranean Veggies

A colourful medley of vegetables roasted with lemon and oregano, served alongside almond crusted fish fillets and finished with a lemon basil sauce.

 35 mins

 4 servings

 Fish

1 March 2021

Spice it up!

You can add olives, capers or sun-dried tomatoes to the veggies for a more exciting dish. Fresh rosemary, oregano or thyme also works well on the vegetables.

Per serve: **PROTEIN** 30g **TOTAL FAT** 44g **CARBOHYDRATES** 27g

FROM YOUR BOX

ZUCCHINI	1
YELLOW CAPSICUM	1
SPRING ONIONS	1/3 bunch *
CHERRY TOMATOES	1 bag (400g)
BUTTERNUT PUMPKIN	1
LEMON	1
ALMONDS	1 packet
WHITE FISH FILLETS	2 packets
BASIL	1 packet (60g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, garlic (1 clove), dried oregano

KEY UTENSILS

2 oven trays, small food processor

NOTES

If you don't have a small food processor you can finely chop the almonds by hand.

You can use a stick mixer or blender to make a smoother basil oil.

No fish option - white fish fillets are replaced with chicken schnitzels. Coat the chicken with 1/2 tsp dried oregano, oil, salt and pepper. Cook in a frypan over medium-high heat for 4-5 minutes each side. Chop the almonds and toss through the roast veggies.



1. PREPARE THE VEGETABLES

Set oven to 220°C.

Dice zucchini and capsicum. Cut spring onions into 4cm lengths. Halve tomatoes. Dice pumpkin (3cm) and toss together on a lined oven tray (use 2 trays if needed).



2. ROAST THE VEGETABLES

Stir through lemon zest, juice from 1/2 the lemon, 1 tsp dried oregano and 2 tbsp olive oil. Season with salt and pepper. Roast in oven for 20-25 minutes until cooked through.



3. MAKE THE CRUMB

Add the almonds, 1 garlic clove, 1/2 tsp dried oregano, 1 tbsp olive oil, salt and pepper to a small food processor (see notes). Pulse until it reaches a crumb consistency.



4. BAKE THE FISH

Place the fish fillets on a lined oven tray and top with even amounts of crumb. Bake in the oven for 10-15 minutes or until cooked through.



5. MAKE THE BASIL OIL

Finely chop basil (see notes). Combine with the remaining 1/2 lemon juice and 2 tbsp olive oil. Season with salt and pepper to taste.



6. FINISH AND PLATE

Divide roast vegetables and fish among plates. Spoon over basil oil to taste.

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

