

Pesto seabass with courgette pasta

Ingredients (serves 2)

- 2 seabass fillets
- 3 handfuls of fresh spinach (1 handful for the pesto)
- 50g pine nuts
- 2 tbsp. extra virgin olive oil
- 1 clove of garlic
- 1 lemon
- spinach
- courgette pasta/butternut squash pasta
- Salt and pepper



Method

1. In a pan, dry fry the pine nuts until golden brown. Whilst doing this, boil the kettle and empty the courgette pasta into a large bowl
2. Make the pesto: Using a small hand blender, add the pine nuts, basil, garlic, olive oil, a handful of spinach, a squeeze of fresh lemon and some salt and pepper. Blast until finely chopped and set aside
3. In a non-stick frying pan, place the seabass flesh down (skin up) and cook until golden brown (3-4 minutes). Flip the fish and squeeze some fresh lemon juice over each fillet. Then paste the pesto over the flesh side of the seabass while the underside cooks through.
4. While the fish is cooking, pour the boiling water over the courgette pasta and leave to stand for 3-4 minutes
5. Lay a bed of spinach leaves on a plate. Drain the courgette pasta and add on top of the spinach. Place the fish over the courgette pasta and serve with some lemon slices.

Make this dish with chicken as an alternative

Meal alterations

Extra energy and
carbohydrates

- Oven baked sweet potato chips
- New potatoes roughly smashed with Greek yoghurt and mint