



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: SOUR CREAM

Sour cream has a delicious flavour and consistency! It goes well in both sweet and savoury recipes. Here, we use it in a zingy lemon/herb gremolata dressing that we know you'll love.



# 1. GREMOLATA FISH

## WITH WEDGES AND SALAD

 30 Minutes

 2 Servings

Enjoy this week's freshly caught local fish fillets with wholesome baked potato wedges and a citrusy gremolata dressing packed with flavour.

## FROM YOUR BOX

POTATOES	400g
LEMON	1
SPRING ONIONS	1/4 bunch *
PARSLEY	1 bunch
SOUR CREAM	1/4 tub *
WHITE FISH FILLETS	1 packet
FESTIVAL LETTUCE	1/2 *
TOMATO	1
SNOW PEAS	1/2 packet (75g) *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, ground cumin, vinegar (of choice)

## KEY UTENSILS

2 x oven trays

## NOTES

For a smoother sauce, blend using a stick mixer. Add a little honey or sugar for a sweeter finish.

If preferred, cook the fish in a frypan instead. Top with a dollop of gremolata before serving, or serve on the side.

**No fish option - white fish fillets are replaced with chicken schnitzels.** Cook in a frypan for 4-5 minutes on each side or until just cooked through. Serve gremolata on the side.



### 1. ROAST THE POTATOES

Set oven to 220°C.

Wedge potatoes and toss on a lined oven tray with **1/2 tsp cumin, oil, salt and pepper**. Roast for 20-25 minutes or until golden and tender.



### 2. MAKE THE GREMOLATA

Zest and juice 1/2 lemon, thinly slice spring onions and chop parsley. Combine in a bowl with 1/4 tub sour cream and **1 tbsp olive oil**. Season to taste with **salt and pepper** (see notes).



### 3. BAKE THE FISH

Place fish fillets on a lined tray (see notes). Spread roughly 1/2 tbsp gremolata on top of each fish fillet (reserve remaining). Bake in the oven for 8-10 minutes or until cooked through.



### 4. MAKE THE SALAD

Roughly chop lettuce and tomato. Trim and slice snow peas. Toss together in a bowl with **1 tbsp olive oil and 1/2 tbsp vinegar**.



### 5. FINISH AND PLATE

Wedge remaining lemon.

Serve fish with potatoes, salad, remaining gremolata and lemon wedges.