



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: LEMON

Tangy, sour, juicy... and the perfect addition to both sweet and savoury dishes! This versatile citrus fruit is not only tasty, but also a rich source of the immune-system-boosting vitamin C.



1. LEMON BUTTER FISH

WITH CREAMY GARLIC MASH



25 Minutes



2 Servings

Fresh WA white fish fillets in a decadent lemon butter sauce served with garlic potato mash made with cream cheese.

6 April 2020

FROM YOUR BOX

BABY POTATOES	400g
CHERRY TOMATOES	1/2 bag (100g) *
FESTIVAL LETTUCE	1/2 *
GREEN OLIVES	1/2 jar *
WHITE FISH FILLETS	1 packet
LEMON	1
SLIVERED ALMONDS	1 packet (50g)
GARLIC CLOVE	1
PHILADELPHIA CHEESE	1/3 packet (80g) *

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil/butter (for cooking), salt, pepper, vinegar (of choice), dried oregano

KEY UTENSILS

saucepan, frypan

NOTES

We left our mash chunky and kept the potato skins on. If preferred, peel potatoes and mash longer for a smooth finish.

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. BOIL THE POTATOES

Halve or quarter potatoes, place in a saucepan and cover with water (see notes). Bring to the boil and simmer for 10-15 minutes or until tender. Drain, reserving **1/3 cup water**, and return to saucepan.



2. MAKE THE SALAD

Halve cherry tomatoes and roughly chop lettuce. Place into a bowl with olives and dress with **1 tbsp olive oil**, **1/2 tbsp vinegar**, **salt and pepper** (optional).



3. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Season fish with **salt, pepper and 1/2 tsp oregano**, add to pan, and cook for 3-4 minutes each side or until cooked through. Remove from pan.



4. MAKE THE LEMON BUTTER SAUCE

Zest and juice **1/2** lemon. Reheat pan over medium-high heat with **3 tbsp butter**. When foaming, add almonds, cook 2 minutes, then add lemon zest and juice. Turn off heat, season sauce with **salt and pepper** and return fish.



5. MASH THE POTATOES

Crush garlic and chop **1/4—1/3** packet cheese (use garlic and cheese to taste).

Add to the potatoes with **1 tbsp reserved water** at a time and mash to desired consistency (see notes). Season with **salt and pepper**.



6. FINISH AND PLATE

Wedge remaining lemon.

Serve fish with lemon butter sauce, mashed potatoes, lemon wedge and salad.