



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

 4 Servings

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

FROM YOUR BOX

BABY POTATOES	800g
TOMATOES	2
LEBANESE CUCUMBER	1
FESTIVAL LETTUCE	1/2 *
WHITE FISH FILLETS	2 packets
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 **1/2 cup water**, and return to saucepan.



2. MAKE THE SALAD

Slice tomatoes and cucumber. Place into a bowl with roughly chopped lettuce. Toss together and dress with **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper** (optional).



3. COOK THE FISH

Heat a frypan with **oil** over medium-high heat. Season fish with **salt, pepper and 1 tsp oregano**. Add to pan and cook for 3-4 minutes on 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 **1/3 packet** cheese. 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.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

