



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Dill

People used to believe that dill had magical powers and could save you from witchcraft and nightmares! We now know dill is good for calming the digestive system, among many other health benefits.



A2 Dill Fish Cakes with Béarnaise Sauce

Golden fish cakes with fresh dill and lemon zest served with crispy roast vegetables and a creamy béarnaise sauce for dipping.



25 minutes



2 servings



Fish

12 August 2022

Switch it up!

Instead of making fish cakes, you can pan-fry the fillets or cut them into fingers and crumb them. Serve the fillets in a burger bun with sauce, sliced tomato and cucumber to make fish burgers!

FROM YOUR BOX

MEDIUM POTATOES	3
CARROT	1
DILL	1 packet
WHITE FISH FILLETS	1 packet
LEMON	1
TOMATO	1
LEBANESE CUCUMBER	1
BEARNAISE SAUCE	100g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano

KEY UTENSILS

large frypan, oven tray, small food processor (see notes)

NOTES

The oven is set high for extra crispy vegetables. If your oven doesn't reach 250°C, you can set the temperature to 220°C and roast the vegetables for longer if preferred.

If you don't have a food processor, you can mince the fish by chopping the fillets with a knife. Alternatively, leave the fillets whole and coat with lemon zest. Use the fresh dill in the salad instead.

Béarnaise sauce ingredients: Canola oil, butter (cream (milk), salt, water), free-range whole egg, mustard (water, mustard seed, sugar, salt, food acid (acetic), turmeric, spice extract, garlic extract), tarragon, lemon juice, white vinegar.



1. ROAST THE VEGETABLES

Set oven to 250°C (see notes).

Dice potatoes and carrot. Toss on a lined oven tray with **1/2 tsp oregano, oil, salt and pepper**. Roast in oven for 20–25 minutes until cooked through.



2. PREPARE THE FISH

Chop dill fronds (keep 1/2 for salad). Roughly chop fish. Add to a food processor with 2 tsp lemon zest, **1/2 tbsp oil, salt and pepper**. Blend together to reach a mince consistency (see notes).



3. COOK THE FISH CAKES

Heat a frypan over medium-high heat with **oil**. Use **oiled** hands and a 1/4 cup measure to form into fish cakes. Add to pan as you go. Cook for 3–4 minutes each side until cooked through.



4. PREPARE THE SALAD

Meanwhile, dice tomato and cucumber. Toss together with remaining chopped dill, 1/2 tbsp lemon juice (wedge remaining), **1 tbsp olive oil, salt and pepper**.



5. FINISH AND SERVE

Serve fish cakes with salad, roast vegetables, béarnaise sauce and lemon wedges.

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**

