



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Lemon

When zesting lemons, you want to make sure and only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, as this is quite bitter.



## A2 Lemon Panko Crusted Fish with Baby Potatoes

Oven-baked fish with a crunchy herb and lemon crumb, served with golden baby potatoes, sautéed broccolini and mayonnaise for dipping.



30 minutes



2 servings



Fish

22 July 2022

## Make fish fingers!

*You can cut the fish into long pieces and coat them with panko crumbs to make fish fingers! Wedge and bake the potatoes and serve with veggies on the side.*

## FROM YOUR BOX

BABY POTATOES	400g
LEMON	1
PANKO CRUMBS	1 packet (30g)
WHITE FISH FILLETS	1 packet
BROCCOLINI	1 bunch
CHERRY TOMATOES	1 bag (200g)
MAYONNAISE	1 tub

## FROM YOUR PANTRY

olive oil, salt, pepper, dried Italian herbs

## KEY UTENSILS

saucepan, oven tray, frypan

## NOTES

You can roast the tomatoes with the fish and cook the broccolini with potatoes if preferred.

**No gluten option – panko crumbs are replaced with slivered almonds.** Omit the olive oil from the crumb mixture in step 2. Roughly chop if preferred.



### 1. BOIL THE POTATOES

Set oven to 220°C.

Halve potatoes, place in a saucepan and cover with water (see notes). Bring to the boil and simmer for 12-15 minutes until tender. Drain and return to saucepan (see step 5).



### 2. PREPARE THE CRUMB

Combine lemon zest with panko crumbs, **1 tsp dried Italian herbs**, **1 tbsp olive oil**, **salt and pepper**.



### 3. BAKE THE FISH

Place fish on a lined oven tray and season with **salt and pepper**. Press even amounts of crumb on top. Bake in oven for 12-15 minutes until fish is cooked through.



### 4. COOK THE VEGETABLES

Heat a frypan over medium-high heat with **olive oil**. Trim and slice broccolini. Halve tomatoes, add all to pan as you go. Cook for 5-6 minutes until tender. Season with **salt and pepper**.



### 5. FINISH THE POTATOES

Meanwhile, reheat saucepan with potatoes over medium-high heat with **1/2 tbsp olive oil**. Cook for 3-4 minutes until golden. Season with **salt and pepper**.



### 6. FINISH AND SERVE

Combine juice from half lemon (wedge remaining) with mayonnaise.

Divide potatoes, fish and vegetables among plates. Serve with lemon wedges and mayonnaise.

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