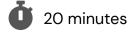




# Spanish Fish

# with Herb Butter Rolls

A flavourful fish stew with potatoes, capsicum and olives, finished with a fresh corn and parsley topping and served with herb buttered rolls.





2 servings



Fish

# Make a parcel!

Use the onion, capsicum, corn and olives to make fish parcels instead! Roast the potatoes to serve on the side and garnish with chopped parsley.

# **FROM YOUR BOX**

BROWN ONION	1
MEDIUM POTATOES	2
RED CAPSICUM	1
CHOPPED TOMATOES	400g
CORN COB	1
PARSLEY	1 packet
WHITE FISH FILLETS	1 packet
GREEN OLIVES	1 jar
DINNER ROLLS	2-pack

#### FROM YOUR PANTRY

butter, olive oil, salt, pepper, ground paprika, ground turmeric, 1 stock cube

#### **KEY UTENSILS**

large frypan with lid

#### **NOTES**

Thinly slice potatoes to 1/2 cm thickness. This will help reduce the cook time.

Instead of making a corn topping, you can cook the corn on the cob to serve on the side.

No gluten option - dinner rolls are replaced with gluten-free bread.



# 1. SAUTÉ THE AROMATICS

Set aside 20g butter to soften.

Heat a frypan over medium-high heat with 2 tbsp olive oil. Slice onion. Add to pan along with 3 tsp paprika, 1 tsp turmeric and 1 crumbled stock cube. Cook for 5 minutes until fragrant.



# 2. SIMMER THE STEW

Slice potatoes and capsicum into crescents (see notes) and add to pan. Add chopped tomatoes and 1/2 tin (200ml) water. Bring to the boil, cover and simmer for 10 minutes.



## 3. PREPARE THE TOPPING

Remove corn from cob. Rinse and chop parsley. Combine 1/2 the parsley with corn. Set aside.



# 4. ADD THE FISH

Cut fish into bite size pieces. Drain and rinse olives. Add to stew, cover, and simmer for 5 minutes. Season with **salt** and pepper to taste.



# 5. MAKE THE HERB BUTTER

Combine remaining chopped parsley with softened butter.



## 6. FINISH AND SERVE

Garnish fish stew with corn and parsley topping, Serve with bread rolls and herb butter.

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



