



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.



A4 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

 4 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	800g
LEMON	1
PANKO CRUMBS	1 packet (60g)
WHITE FISH FILLETS	2 packets
BROCCOLINI	1 bunch
CHERRY TOMATOES	1 bag (400g)
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, **2 tsp dried Italian herbs** and **2 tbsp olive oil**.



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 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.

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

