



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Parsley

If the parsley wilts, trim the lower stems and place bunch in a glass of cold water. Loosely cover leaves with a plastic bag and place in the fridge.



A4 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.

 20 minutes

 4 servings

 Fish

10 June 2022

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	3
RED CAPSICUM	1
CHOPPED TOMATOES	400g
CORN COB	1
PARSLEY	1 packet
WHITE FISH FILLETS	2 packets
GREEN OLIVES	1 jar
DINNER ROLLS	4-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 **40g butter** to soften.

Heat a frypan over medium-high heat with **1/4 cup olive oil**. Slice onion. Add to pan along with **1 tbsp paprika**, **2 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. Pour in chopped tomatoes and **1 tin (400ml) 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

