



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.



Lemon Fish with Greek Potatoes

Grilled fish fillets with lemon zest and thyme, served alongside a summery dressed potato salad with dill and capers.



25 minutes



2 servings



Fish

Switch it up!

You can roast the potatoes and cut the vegetables into veggie sticks instead of making a salad. Combine the dill, capers and shallot with yoghurt or mayonnaise to make a dipping sauce.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	3g	49g

FROM YOUR BOX

BABY POTATOES	500g
LEMON	1
SHALLOT	1
RED CAPSICUM	1
LEBANESE CUCUMBER	1
WHITE FISH FILLETS	1 packet
DILL	1 packet
CAPERS	1 jar

FROM YOUR PANTRY

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

KEY UTENSILS

frypan, saucepan

NOTES

You could use dried oregano, lemon pepper or fresh rosemary if preferred!

Add crumbled feta cheese, kalamata olives or rocket leaves to the potato salad! Fresh or dried chilli also gives a lovely kick to the dressing.



Scan the QR code to
submit a Google review!



1. COOK THE POTATOES

Halve (or quarter) **potatoes**. Place in a saucepan and cover with water. Bring to a boil and cook for 12–15 minutes until tender. Drain and rinse under cold water to cool.



4. TOSS THE SALAD

Chop **dill** and drain **capers** (use to taste). Toss with **potatoes** and **salad** until combined. Season with **salt and pepper**.



2. PREPARE THE SALAD

Zest **lemon** and set aside for step 3.

Whisk together **juice from 1/2 lemon** (wedge remaining), **2 tbsp olive oil, salt and pepper** in a large bowl (see notes). Slice **shallot, capsicum and cucumber**. Add to bowl and set aside.



3. COOK THE FISH

Heat a frypan over medium-high heat. Coat **fish** with **lemon zest, 1 tsp dried thyme, oil, salt and pepper** (see notes). Cook for 4–5 minutes each side or until cooked through.



5. FINISH AND SERVE

Serve the **fish** with **lemon wedges** alongside **potato salad**.

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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

