





Product Spotlight:

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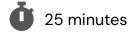
Avoid the white part, or pith, as this is quite bitter.

Lemon

Lemon Fish

with Greek Potatoes

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





2 servings



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.

PROTEIN TOTAL FAT CARBOHYDRATES

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.



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.



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.



4. TOSS THE SALAD

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



5. FINISH AND SERVE

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







