

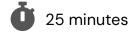




## Tarragon Fish

### with Caper Butter

Herby fish fillets, golden baby potatoes and layered tomato and basil salad. All served with tasty caper butter, delicious when melted on top!





2 servings



# Save the butter!

You can use more butter in this recipe and add some crushed garlic, chopped fresh herbs or fennel seeds for extra flavour. Freeze any leftovers to serve another time.

TOTAL FAT CARBOHYDRATES

57g

#### **FROM YOUR BOX**

BUTTER PORTIONS	2
BABY POTATOES	400g
ТОМАТО	1
GREEN CAPSICUM	1
SNOW PEAS	150g
BASIL	1 packet
WHITE FISH FILLETS	1 packet
CAPERS	1 jar

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, dried tarragon

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

You can dress the salad with balsamic vinegar and olive oil if preferred!

Substitute dried tarragon with oregano, dill, or rosemary.



#### 1. COOK THE POTATOES

Set aside butter to soften.

Add **potatoes** (halve any larger ones) to a saucepan and cover with water. Bring to a boil and simmer for 12-15 minutes until tender. Drain and return to pan (see step 5).



#### 2. PREPARE THE SALAD

Slice **tomatoes** and **capsicum** into rounds. Trim and slice **snow peas**. Pick **basil leaves**. Layer all ingredients on a serving plate, alternating as you go (see notes).



#### 3. COOK THE FISH

Heat a frypan over medium-high heat. Coat **fish** with **1 tsp tarragon** (see notes), **oil**, **salt and pepper**. Cook for 3-4 minutes each side or until cooked through.



#### 4. MAKE THE CAPER BUTTER

Drain and roughly chop **capers** (use to taste). Combine with softened butter. Set aside.



#### **5. FINISH THE POTATOES**

Reheat pan with potatoes over mediumhigh heat with **oil**. Cook for 5 minutes, tossing until golden. Season with **salt** and pepper.



#### 6. FINISH AND SERVE

Serve fish with potatoes, salad and caper butter at the table.



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