



Product Spotlight: Green Beans

Unlike fruits which become sweeter the longer they stay on the tree or bush, beans are sweetest when young.



Baked Fish & Potatoes in Lemon Cream Sauce

Oven-baked white fish fillets and potatoes in a lemony rosemary cream sauce served conveniently in one dish with a side of green beans and finished with a sprinkle of parsley.



40 minutes



4 servings



Fish

Serve it separate!

You can serve pan-fried fish fillets with golden roasted potatoes, green beans and sauce all as separate components if you prefer! Or make a mash if you're short on time.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	11g	47g

FROM YOUR BOX

MEDIUM POTATOES	800g
BROWN ONION	1
ROSEMARY SPRIG	1
GARLIC CLOVES	2
LEMON	1
SOUR CREAM	1 tub
WHITE FISH FILLETS	2 packets
GREEN BEANS	250g
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dijon mustard

KEY UTENSILS

oven dish, large frypan with lid

NOTES

Rinse fish fillets in some cold water to remove any scales that might be left behind.



1. ROAST THE POTATOES

Set oven to 220°C.

Roughly dice potatoes into 2-3cm chunks. Toss together in a lined oven dish with **oil**, **salt and pepper**. Roast for 25 minutes or until tender and golden.



2. MAKE THE SAUCE

Heat a large frypan with **oil** over medium heat. Finely chop onion and rosemary leaves. Add to pan with crushed garlic. Cook for 5 minutes or until softened.



3. FINISH THE SAUCE

Zest lemon. Add to pan with sour cream, **2 tsp dijon mustard** and **1 cup water**. Simmer for 5 minutes. Season with **salt and pepper** to taste. Take off heat.



4. BAKE THE FISH

Remove potatoes from the oven. Tuck fish fillets into potatoes and pour over sauce (see notes). Return to the oven and cook for 10-15 minutes or until fish is cooked through.



5. COOK THE BEANS

In the meantime, trim and halve beans. Rinse out frypan and add beans with **1/4 cup water**. Bring to a simmer and cook, covered for 3-4 minutes. Toss with some **oil or butter**.



6. FINISH AND SERVE

Chop parsley and wedge lemon. Sprinkle parsley over fish and potato bake. Serve with green beans and lemon wedges at the table.



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