

**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
	36g	9g	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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