



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 as a convenient one dish with a side of green beans and finished with a sprinkle of parsley.



40 minutes



4/6 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
4/6 Person:	23g/30g	11g/17g	28g/36g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	800g	1.2kg
BROWN ONION	1	1
ROSEMARY SPRIG	1	2
GARLIC CLOVES	2	3
LEMON	1	1
SOUR CREAM	1 tub	2 tubs
WHITE FISH FILLETS	2 packets	3 packets
GREEN BEANS	250g	2 x 250g
PARSLEY	1 packet	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 (wedge remaining). 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.

6P - add **lemon zest** to pan with **sour cream**, **3 tsp dijon mustard** and **1 cup water**.



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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