



Product Spotlight: Capers

Capers are little flower buds! They come from the Flinders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.



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!



25 minutes



4 servings



Fish

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	13g	51g

FROM YOUR BOX

BUTTER PORTIONS	3
BABY POTATOES	800g
TOMATOES	2
GREEN CAPSICUM	1
SNOW PEAS	150g
BASIL	1 packet
WHITE FISH FILLETS	2 packets
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 **2 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 medium-high 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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