



### 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



4/6 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
4/6 Person:	31g/35g	16g/18g	32g/35g

## FROM YOUR BOX

	4 PERSON	6 PERSON
BUTTER PORTIONS	3	5
BABY POTATOES	800g	1.2kg
TOMATOES	2	3
GREEN CAPSICUM	1	2
SNOW PEAS	150g	2 x 150g
BASIL	1 packet	2 packets
WHITE FISH FILLETS	2 packets	3 packets
CAPERS	1 jar	1 jar

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried tarragon

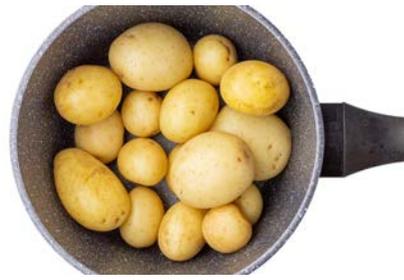
## KEY UTENSILS

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 **2-3 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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