



### Product Spotlight: Lemon

When zesting lemons, you want to make sure and only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, as this is quite bitter.



## Lemon Fish

### with Greek Potatoes

Grilled fish fillets with lemon zest and thyme, served alongside a summery dressed potato salad with dill and capers.



25 minutes



4/6 servings



Fish

## Switch it up!

*You can roast the potatoes and cut the vegetables into veggie sticks instead of making a salad. Combine the dill, capers and shallot with yoghurt or mayonnaise to make a dipping sauce.*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	3g	49g

## FROM YOUR BOX

	4 PERSON	6 PERSON
BABY POTATOES	1kg	1.5kg
LEMON	1	2
SHALLOT	1	1
RED CAPSICUM	1	2
LEBANESE CUCUMBER	1	2
WHITE FISH FILLETS	2 packets	3 packets
DILL	1 packet	2 packets
CAPERS	1 jar	1 jar

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried thyme, vinegar of choice

## KEY UTENSILS

frypan, saucepan

## NOTES

You could use dried oregano, lemon pepper or fresh rosemary if preferred!

Add crumbled feta cheese, kalamata olives or rocket leaves to the potato salad! Fresh or dried chilli also gives a lovely kick to the dressing.



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### 1. COOK THE POTATOES

Halve (or quarter) **potatoes**. Place in a saucepan and cover with water. Bring to a boil and cook for 12–15 minutes until tender. Drain and rinse under cold water to cool.

Zest **lemon** for step 3.

**6P** -zest 1 lemon and set aside for step



### 4. TOSS THE SALAD

Chop **dill** and drain **capers** (use to taste). Toss with **potatoes** and **salad** until combined. Season with **salt and pepper**.



### 2. COOK THE FISH

Whisk together **juice from 1/2 lemon** (wedge remaining), **1 tbsp vinegar**, **1/4 cup olive oil**, **salt and pepper** in a large bowl (see notes). Slice **shallot**, **capsicum** and **cucumber**. Add to bowl.

**6P** – use **juice from 1 lemon**, **2 tbsp and vinegar** and **1/3 cup olive oil**.



### 5. FINISH AND SERVE

Serve the **fish** with **lemon wedges** alongside **potato salad**.



### 3. PREPARE THE SALAD

Heat a frypan over medium-high heat. Coat **fish** with **lemon zest**, **2–3 tsp dried thyme**, **oil**, **salt and pepper** (see notes). Cook for 4–5 minutes each side or until cooked through.

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