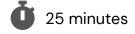




# Fish Provençal

# with Rosemary Baby Potatoes

White fish fillets diced and cooked in the style of the Provençal region of France with a simple, flavourful stew of tomato, onion, zucchini and olives, served with rosemary baby potatoes.





2 servings



Instead of making boiled potatoes, roast them! Halve or slice potatoes, toss on a lined oven tray with oil, rosemary, salt and pepper and roast until golden and crispy.

PROTEIN TOTAL FAT CARBOHYDRATES

28g

52g

#### **FROM YOUR BOX**

BABY POTATOES	1 bag (400g)
ROSEMARY SPRIG	1
BROWN ONION	1
TOMATOES	2
COURGETTES	2
TOMATO PASTE	1 sachet
KALAMATA OLIVES	1 packet (100g)
WHITE FISH FILLETS	1 packet

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 1 garlic clove, dried oregano, 1 stock cube (chicken or vegetable)

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

Garnish with dried chilli flakes and finely chopped fresh herbs such as rosemary, oregano or parsley.



#### 1. COOK THE POTATOES

Halve baby potatoes and add to a saucepan. Cover with water and boil for 10–15 minutes until tender. Drain potatoes and return to pan, see step 5.



# 2. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Chop rosemary leaves (reserve half for step 5) and slice onion. Add to pan as you go along with **crushed garlic clove** and **1 tsp oregano**. Sauté for 5 minutes or until softened.



#### 3. SIMMER THE STEW

Dice tomatoes and courgettes. Add to pan along with tomato paste, 1 cup water and 1 stock cube. Cook, covered, for 8-10 minutes until vegetables are tender.



## 4. ADD OLIVES AND FISH

Rinse olives and fish fillets. Dice fish. Add to stew and cook for a further 5-6 minutes or until fish is cooked through. Stir through 2 tsp olive oil. Season to taste with salt and pepper.



# **5. TOSS THE POTATOES**

Return potatoes to saucepan and toss over medium-high heat with reserved rosemary, 1-2 tbsp olive oil, salt and pepper.



## 6. FINISH AND SERVE

Divide potatoes among shallow bowls. Serve with fish stew (see notes).

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au** 



