



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Natural Yoghurt


Natural yoghurt contains good bacteria, known as "Probiotics", which can aid digestion and support a healthy digestive tract!




E2

## Lupin Crumbed Fish Fillets with Potato and Fennel Salad

White fish fillets coated in lupin crumbs, served with a fennel and potato salad with a tangy yoghurt and baby caper sauce.

 20 minutes

 2 servings

 Fish

4 March 2022

## Switch it up!

*Instead of making potato salad you can slice or wedge the potatoes and roast them. Make a salad out of the other fresh ingredients and serve with the yoghurt sauce.*

Per serve: **PROTEIN** 39g **TOTAL FAT** 6g **CARBOHYDRATES** 45g

## FROM YOUR BOX

POTATOES	3
CELERY STICK	1
FENNEL	1
SUGAR SNAP PEAS	1 bag (150g)
CAPERS	1 jar
YOGHURT	1 tub
LUPIN CRUMB	1 packet (30g)
WHITE FISH FILLETS	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

If you have a very large fennel, use to taste. Any leftover fennel can be added to a tray of roast vegetables, or used in a soup or stew.

Use any leftover capers to make a salsa verde, dot them into scrambled eggs or toss through pasta.

Did you love the Lemon Pepper Lupin Crumb? It's made locally by Coastal Crunch and available to purchase on our marketplace.



### 1. BOIL THE POTATOES

Chop potatoes. Add to a saucepan and cover with water. Bring to a boil and cook for 10 minutes or until soft. Drain and rinse to cool.



### 2. PREPARE VEGETABLES

Thinly slice celery and fennel (see notes). Reserve any fronds for step 3. Trim and slice sugar snap peas. Add to a large bowl.



### 3. MAKE THE SAUCE

Drain and rinse capers (see notes). Roughly chop reserved fennel fronds and capers to taste. Add to a bowl along with yogurt. Season with **pepper**. Mix to combine.



### 4. COOK THE FISH

Arrange lupin crumb on a plate. Coat fish in **oil and salt** then press into crumbs to coat. Heat a frypan over medium-high heat with **oil**. Cook fish for 2-4 minutes each side until cooked through.



### 5. TOSS THE SALAD

Add boiled potatoes and 1/2 prepared sauce to bowl with prepared vegetables. Toss until well combined. Season with **salt and pepper** to taste.



### 6. FINISH AND SERVE

Divide potato salad among plates along with fish fillets. Serve with remaining sauce to dip fish in.

**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**

