



Product Spotlight: Rosemary

Keep leftover rosemary sprigs in water on your kitchen bench. They will develop roots after 2-3 weeks!



E4 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.

 25 minutes

 4 servings

 Fish

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Roast it!

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.

Per serve: **PROTEIN** 26g **TOTAL FAT** 12g **CARBOHYDRATES** 42g

FROM YOUR BOX

BABY POTATOES	1 bag (800g)
ROSEMARY SPRIG	1
BROWN ONION	1
TOMATOES	3
ZUCCHINI	1
TOMATO PASTE	1 sachet
KALAMATA OLIVES	1 packet (100g)
WHITE FISH FILLETS	2 packets

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 **2 tsp oregano**. Sauté for 5 minutes or until softened.



3. SIMMER THE STEW

Dice tomatoes and zucchini. Add to pan along with tomato paste, **2 cups 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 **1 tbsp olive oil** and season 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).

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