



DINNER TWIST
LOCAL. HEALTHY. DELIVERED



Product Spotlight: Free-Range Eggs

We only include free-range eggs from chickens that roam free in the sun (or rain, if they prefer!) for at least 8 hours a day. And these days especially outdoor access means the world for our welfare, no matter if we're chicken or human!



1 Crispy Fish with Potato Salad

Crispy panko-crumbed fish, tasty and filling potato & egg salad with dill & parsley mayo, served with a fresh side salad.

 30 minutes

 2 servings

 Fish

5 October 2020

Baked, not fried!

For a less hands-on approach, toss the potatoes with oil, salt and pepper, and roast in a 220°C oven for 25 minutes or until tender, adding green beans for the last 5 minutes. Bake the fish on another lined oven tray for the last 15 minutes or until cooked through.

FROM YOUR BOX

BABY POTATOES	400g
GREEN BEANS	1/2 bag (75g) *
FREE-RANGE EGGS	2 *
PANKO BREAD CRUMBS	1 packet (50g)
WHITE FISH FILLETS	1 packet
SPRING ONIONS	1/3 bunch *
DILL AND PARSLEY MAYONNAISE	100g
TOMATO	1
BABY WOMBOK	1/3 *
LEMON	1/2 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper

KEY UTENSILS

frypan, 2 saucepans

NOTES

Add 1-2 more eggs if you're feeling extra hungry!

You can also mix the eggs with the potatoes.

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4-6 minutes on each side or until cooked through.

No gluten option - panko bread crumbs are replaced with almond meal.



1. COOK THE POTATOES

Halve or quarter potatoes and place in a saucepan, cover with water. Bring to the boil and simmer for 10-15 minutes or until tender. Slice beans into 3cm lengths and add to boil for the last 3 minutes. Drain and place in a bowl.



2. BOIL THE EGGS

Bring a saucepan of water to the boil.

Add eggs (see notes) and cook for 6-7 minutes. Cool under running cold water, then peel and roughly chop.



3. COOK THE FISH

Heat a frypan with **oil** over medium-high heat. Rub fish with **oil, salt and pepper**, press firmly into crumbs to coat, then place in frypan. Cook for 3-4 minutes each side until crispy.



4. FINISH THE POTATOES

Finely slice spring onions and add to potatoes with dill and parsley mayonnaise. Mix well and season to taste with **salt and pepper**. Top with eggs (see notes).



5. PREPARE THE SALAD

Wedge (or roughly chop) tomato and chop wombok.

Wedge 1/2 lemon.



6. FINISH AND PLATE

Serve fish with potato salad, wombok, tomato and a lemon wedge.

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

