



DINNER TWIST
LOCAL. HEALTHY. DELIVERED




Product Spotlight: Potatoes


We rarely peel potatoes, and here's why; it doesn't just save us time, but it's also healthier! The peel is rich in fibre and minerals. Win-win!



1 Crispy Potato Bake with Lemony Fish and Tomato

Potato bake is always a hit — and this one's especially tasty, made with a tangy yoghurt topping and served with zesty, lemony fish & veg.

 35 minutes

 2 servings

 Fish

15 March 2021

Salad your way

Instead of cooking all the cherry tomatoes, you can add half of them to the salad — along with any other veggies or dressing you'd like! The sky (and your taste buds) is the limit.

FROM YOUR BOX

POTATOES	400g
SPRING ONIONS	1/4 bunch *
NATURAL YOGHURT	1/2 cup *
LEMON	1
PARSLEY	1/2 bunch *
WHITE FISH FILLETS	1 packet
CHERRY TOMATOES	1 bag (200g)
GREEN CAPSICUM	1/2 *
SALAD MIX	1/2 bag *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, sugar (or sweetener) of choice

KEY UTENSILS

oven tray, frypan

NOTES

You can also use a flat metal baking tray instead of paper/foil to cover the potatoes.

For a fun serving option, you can place the tomatoes & fish bites onto skewers before cooking. For extra flavour, you can mix in 1 crushed garlic glove or 1 tsp fresh/dried oregano.

No fish option – white fish fillets are replaced with diced chicken breast. Increase cooking time to 10–15 minutes or until cooked through.



1. COOK THE POTATOES

Set oven to 250°C.

Thinly slice potatoes and place onto a lined oven tray. Toss well with sliced spring onions, yoghurt, **1 tbsp oil, salt and pepper**. Spread evenly on the tray, cover with baking paper/foil (see notes) and cook for 15 minutes. Remove cover and cook for a further 10 minutes.



2. PREPARE THE FISH

Zest lemon to yield 1/2 tsp and chop parsley. Dice fish and halve tomatoes.

Toss fish, tomatoes, zest and half the parsley with **1 tbsp oil, salt and pepper** (see notes).



3. MAKE THE DRESSING

Whisk together juice from 1/2 lemon, remaining parsley, **1 tbsp olive oil, 1/4 tsp sugar, salt and pepper**.



4. TOSS THE SALAD

Slice capsicum and toss together in a bowl with the salad mix.



5. COOK THE FISH

Heat a frypan with **oil/butter** over medium heat. Add fish and tomatoes. Cook for 6–10 minutes until fish is cooked through.



6. FINISH AND PLATE

Divide potatoes, fish and salad among plates. Serve dressing on the side.

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**

