



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Capers


Capers are actually flower buds from a bush! They're harvested before growing into flowers, and are pickled in a salty, vinegary brine with an intense flavour.



## 1 Crunchy Fish with Roast Potato, Veggies & Capers Sauce

This meal is a refreshing take on the classic fish 'n chips, featuring roast potatoes and veggies, crunchy cornflake-crusting fish, and a tangy homemade caper sauce.

 35 minutes

 2 servings

 Fish

30 April 2021

## Skip the crumb

*If you're in a hurry, simply pan-fry the fish fillets without slicing and crumbing first. Alternatively, for a less hands-on approach, crumb them and bake them in the oven for 10-12 minutes or until cooked through, rather than pan-frying.*

## FROM YOUR BOX

BABY POTATOES	400g
TOMATO	1
ZUCCHINI	1/2 *
SPRING ONIONS	2
CAPERS	1/2 jar *
SOUR CREAM	1/2 tub *
LEMON	1
BROCCOLI	1/2 *
GF CORNFLAKES	1 packet (50g)
WHITE FISH FILLETS	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, dried thyme, sugar (or honey)

## KEY UTENSILS

oven tray, frypan

## NOTES

If cooking for fussy eaters, you can keep the capers on the side.

If preferred, you can steam the broccoli instead of adding to the baked veggie tray.

To easily crush the cornflakes, use the bag they come in. For a finer crumb, use a food processor.

**No fish option - white fish fillets are replaced with chicken schnitzels.** Increase cooking time to 4-5 minutes on each side or until cooked through.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Halve potatoes, wedge tomato, dice zucchini and slice white ends of spring onions into 3cm lengths (reserve green tops for sauce). Toss together on a lined oven tray with **1 tsp thyme, oil, salt and pepper**. Cook for 15 minutes (then see step 3).



### 2. MAKE THE SAUCE

Drain and roughly chop the capers (see notes), slice green ends of spring onions to yield 1/4 cup.

Mix with sour cream, 1 tsp lemon zest, juice from 1/2 lemon (wedge remaining) **salt, pepper, 1 tbsp water, 1 tbsp olive oil and 1/4 tsp sugar** (or to taste).



### 3. ROAST THE BROCCOLI

Cut the broccoli into florets. Add to vegetable tray (see notes) and roast for another 5-10 minutes or until all veggies are golden and cooked through.



### 4. CRUMB THE FISH

Crush cornflakes to resemble a crumb (see notes). Coat fish with **oil, salt and pepper**, then press into crumbs.



### 5. COOK THE FISH

Heat a frypan with **oil/butter** over medium-high heat. Add the fish and cook (in batches if necessary) for 3-4 minutes each side or until cooked through.



### 6. FINISH AND PLATE

Divide roasted vegetables and fish onto plates. Serve with a lemon wedge and sauce.

**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**

