



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Dill


You can't go wrong with a lil' dill. Dill is not only packed with flavour, but it's also full of vitamins A and C, and iron.



1 Fish & Wedges with Herby Yoghurt and Chopped Salad

Pan-fried white fish fillets from WA's beautiful coast, a summery dill yoghurt dressing, baked potato wedges and a fresh side salad.

 30 minutes

 2 servings

 Fish

7 December 2020

Less hands on

Toss together fish, cherry tomatoes, crushed garlic, roughly chopped spring onions, diced capsicum, oil, salt and pepper in a lined oven dish. Bake below the potatoes for 10-15 minutes or until fish is cooked through.

FROM YOUR BOX

MEDIUM POTATOES	400g
SPRING ONIONS	2
DILL	1 packet
NATURAL YOGHURT	1/2 cup *
YELLOW CAPSICUM	1/2 *
SNOW PEA SPROUTS	1/3 punnet *
CHERRY TOMATOES	1 bag (200g)
WHITE FISH FILLETS	1 packet
GARLIC CLOVES	2

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil/butter (for cooking), salt, pepper

KEY UTENSILS

oven tray, frypan

NOTES

For faster cooking and crispier wedges, make sure they're placed in just one layer and not piled on top of each other. Add other spices to taste like paprika, oregano or lemon pepper.

For a sweeter, creamier sauce, you can add some mayo or a little honey/sugar to taste.

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. COOK THE WEDGES

Set oven to 220°C.

Wedge potatoes and toss on a lined oven tray with **oil, salt and pepper** (see notes). Cook for 20-25 minutes until golden.



2. MAKE THE SAUCE

Chop 1 spring onion and the dill. Mix together with yoghurt, **1/2 tbsp olive oil, salt and pepper** (see notes).



3. MAKE THE SALAD

Dice capsicum. Halve sprouts and cherry tomatoes. Toss together in a bowl.



4. COOK THE FISH

Heat a frypan with **butter/oil** over medium-high heat. Season fish with **salt and pepper**. Cook in pan for 3-4 minutes each side or until cooked through. Remove to a plate and keep warm. Keep pan.



5. COOK THE GARLIC

Slice garlic and remaining spring onion. Reheat frypan and add **1 tbsp butter**, garlic and spring onion. Cook for 1 minute and tip over fish.



6. FINISH AND PLATE

Serve fish with wedges, salad, yoghurt sauce and great company.

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**

