



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Lemons

Lemons are a good source of vitamin C, magnesium and potassium - minerals and antioxidants that give you better hair, skin and stronger nails!



1 Fish and Chips with Salad and Spring Onion Sauce

A quick, easy dinner and so much better than the take away variety. Oven fried chips, simple pan-fried fish and a fresh salad. Served with a delicious spring onion sauce.

 30 minutes

 2 servings

 Fish

22 October 2021

Mix it up!

Warm this dinner up by adding the tomatoes and capsicum to the tray with the chips. Pour the sauce over the fish in a lined baking tray and cook for 10-15 minutes.

FROM YOUR BOX

MEDIUM POTATOES	2
SPRING ONIONS	1/4 bunch *
LEMON	1
GREEK YOGHURT	1 tub (200g)
MESCLUN LEAVES	1/2 bag (60g) *
CHERRY TOMATOES	1/2 bag (100g) *
LEBANESE CUCUMBER	1
RED CAPSICUM	1/2 *
WHITE FISH FILLETS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, sugar (or sweetener of choice)

KEY UTENSILS

oven tray, stick blender or small processor, frypan

NOTES

If you don't have a blender, finely chop the spring onions and stir through the yoghurt.

Add some dried oregano, chilli flakes or fresh herb of choice to the fish for added flavour.

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 CHIPS

Set oven to 220°C.

Cut potatoes into chips. Toss on a lined oven tray with **1/2 tsp dried oregano, oil, salt and pepper**. Cook for 20-25 minutes until golden and crunchy.



2. MAKE THE SAUCE

Roughly chop spring onions. Place into a jug with zest and juice of 1/2 lemon (wedge remaining), yoghurt, **1/2 tsp sugar, salt and pepper**. Blend together and season to taste (see notes).



3. MAKE THE SALAD

Spread mesclun leaves over a serving plate. Halve cherry tomatoes, slice cucumber and capsicum. Spread over leaves.



4. COOK THE FISH

Heat a frypan over medium-high heat. Season fish with **oil, salt and pepper** (see notes). Cook for 3-4 minutes each side or until cooked through.



5. FINISH AND SERVE

Serve fish and chips with salad, a lemon wedge and sauce 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**

