



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Feta Cheese


The term 'feta' comes from the Greek word "Pheta" and can be translated as 'slice'. It is traditionally made from a combination of sheep and goats milk.



1 Lemon Butter Fish with Mixed Vegetable Salad

White fish fillets cooked in butter and lemon, served with a warm roast potato salad.

 30 minutes

 2 servings

 Fish

12 November 2021

Mix it up!

Cut the fish into fingers and coat with some cornflakes or breadcrumbs. Cut the potatoes into wedges for fish and chips.

FROM YOUR BOX

BABY POTATOES	400g
THYME	1/2 packet *
WHOLE ROASTED PEPPERS	1/2 jar *
CARROT	1
BROCCOLINI	1 bunch
WHITE FISH FILLETS	1 packet
LEMON	1
SPRING ONION	1
FETA	1/2 packet (100g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt, pepper, balsamic vinegar

KEY UTENSILS

large frypan, oven tray

NOTES

Use the feta to taste.

Keep the potatoes and feta separate from the salad for fussy eaters.

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 5-6 minutes on each side, or until cooked through.



1. ROAST THE POTATOES

Set oven to 220°C.

Quarter potatoes and toss on a lined oven tray with 1/2 tbsp thyme leaves, **oil, salt and pepper**. Cook for 20-25 minutes until tender and golden.



2. MAKE THE DRESSING

In a large bowl whisk together **1 tbsp vinegar, 2 tbsp olive oil, salt and pepper**. Slice and add roasted peppers.



3. COOK THE VEGETABLES

Heat a frypan over medium-high heat with **1 cup water**. Slice carrot and halve broccolini, adding to pan as you go. Cook for 2-3 minutes until just tender. Drain and add to bowl with dressing. Keep frypan over heat.



4. COOK THE FISH

Add **1 tbsp butter/oil** to pan. Season fish with **salt and pepper**. Cook for 2-3 minutes each side or until cooked through. Zest lemon to yield 1 tsp and slice spring onions, add to pan when turning fish, along with 1/2 lemon juice.



5. TOSS THE SALAD

Add roasted potatoes to salad bowl with crumbled feta (see notes). Toss well and season to taste with **salt and pepper**.



6. FINISH AND SERVE

Wedge remaining lemon.

Serve salad onto plates and top with lemon butter fish and a lemon wedge.

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