



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Free-Range Eggs


We only include free-range eggs from chickens that roam free in the sun (or rain, if they prefer!) for at least 8 hours a day. And these days especially outdoor access means the world for our welfare, no matter if we're chicken or human!



## 1 Crispy Fish with Potato Salad

Crispy panko-crumbed fish, tasty and filling potato & egg salad with dill & parsley mayo, served with a fresh side salad.

 30 minutes

 4 servings

 Fish

5 October 2020

## Baked, not fried!

*For a less hands-on approach, toss the potatoes with oil, salt and pepper, and roast in a 220°C oven for 25 minutes or until tender, adding green beans for the last 5 minutes. Bake the fish on another lined oven tray for the last 15 minutes or until cooked through.*

## FROM YOUR BOX

BABY POTATOES	800g
GREEN BEANS	1 bag (150g)
FREE-RANGE EGGS	3 *
PANKO BREADCRUMBS	1 packet (100g)
WHITE FISH FILLETS	2 packets
SPRING ONIONS	1/4 bunch *
DILL AND PARSLEY MAYONNAISE	100g
TOMATOES	2
FESTIVAL LETTUCE	1
LEMON	1/2 *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, salt, pepper

## KEY UTENSILS

large frypan, 2 saucepans

## NOTES

You can also mix the eggs with the potatoes.

**No fish option - white fish fillets are replaced with chicken schnitzels.** Increase cooking time to 4-6 minutes on each side or until cooked through.

**No gluten option - panko breadcrumbs are replaced with almond meal.**



### 1. COOK THE POTATOES

Halve or quarter potatoes and place in a saucepan, cover with water. Bring to the boil and simmer for 10-15 minutes or until tender. Slice beans into 3cm lengths and add to boil for the last 3 minutes. Drain and place in a bowl.



### 2. BOIL THE EGGS

Bring a saucepan of water to the boil. Add eggs and cook for 6-7 minutes. Cool under running cold water, then peel and roughly chop.



### 3. COOK THE FISH

Heat a frypan with oil over medium-high heat. Rub fish with oil, salt and pepper, press firmly into crumbs to coat, then place in frypan. Cook for 3-4 minutes each side until crispy.



### 4. FINISH THE POTATOES

Finely slice spring onions and add to potatoes with dill and parsley mayonnaise. Mix well and season to taste with salt and pepper. Top with eggs (see notes).



### 5. PREPARE THE SALAD

Wedge (or roughly chop) tomatoes and wash and roughly chop lettuce.

Wedge 1/2 lemon.



### 6. FINISH AND PLATE

Serve fish with potato salad, lettuce, tomatoes and a lemon wedge.

**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](mailto:hello@dinnertwist.com.au)

