



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-crusted fish, and a tangy homemade caper sauce.

 35 minutes

 4 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	800g
CHERRY TOMATOES	1 bag (200g)
ZUCCHINI	1
SPRING ONIONS	1/4 bunch *
CAPERS	1/2 jar *
SOUR CREAM	1/2 tub *
LEMON	1
GF CORNFLAKES	1 packet (100g)
WHITE FISH FILLETS	2 packets
WATERCRESS	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

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

## KEY UTENSILS

oven tray, large frypan

## NOTES

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

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 and tomatoes, 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 **2 tsp thyme, oil, salt and pepper**. Cook for 20-25 minutes or until golden and cooked through.



### 4. COOK THE FISH

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



### 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).



### 5. DRESS THE WATERCRESS

In a bowl, whisk together **1/2 tbsp vinegar, 1 tbsp olive oil, salt and pepper**. Add watercress and toss together.



### 3. CRUMB THE FISH

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



### 6. FINISH AND PLATE

Divide roasted vegetables, fish and watercress 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**

