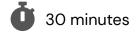




## Lemon Butter Fish

### with Mixed Vegetable Salad

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





4 servings



# 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	800g
ТНҮМЕ	1/2 packet *
WHOLE ROASTED PEPPERS	1/2 jar *
DUTCH CARROTS	1 bunch
BROCCOLINI	1 bunch
LEMON	1
WHITE FISH FILLETS	2 packets
SPRING ONIONS	1/4 bunch *
FETA	1/2 packet (100g) *

<sup>\*</sup>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**

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 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. Trim and halve carrots lengthways 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 2 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.

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



