



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Dill

Back in the day it was believed that dill had magical powers and could save you from both witchcraft and nightmares! Nowadays we know dill is great to calm the digestive system among many other benefits.



1 Lemon Fish with Creamy Potato Salad

Spring is in the air with this lovely potato salad and pan-fried lemon fish.

 30 minutes

 4 servings

 Fish

24 September 2021

Platter up!

Instead of dressing the potato salad, keep the dressing on the side. Make a share style platter with all the other ingredients and let little hands pick and choose their favourites.

FROM YOUR BOX

BABY POTATOES	800g
GREEN BEANS	1/2 bag (125g) *
FREE-RANGE EGGS	2
NATURAL YOGHURT	1 tub (200g)
PARMESAN CHEESE	40g *
DILL	1 packet
LEMON	1
WHITE FISH FILLETS	2 packets
SPRING ONIONS	1/4 bunch *
CHERRY TOMATOES	1 bag (200g)
SNOW PEA SPROUTS	1/2 punnet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, 2 saucepans

NOTES

Add some chopped capers or gherkins to the dressing for extra flavour.

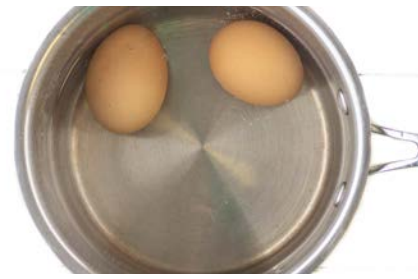
No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. COOK THE POTATOES

Halve potatoes and place in a saucepan, cover with water. Bring to the boil and simmer for 10-15 minutes, or until tender. Trim and slice beans into 3cm lengths. Add to saucepan for last 3 minutes.

Drain and run under cold water to cool.



2. COOK THE EGGS

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



3. MAKE THE DRESSING

In a large bowl mix together yoghurt with parmesan cheese, chopped dill, 1 tsp lemon zest, **1 tbsp olive oil, salt and pepper** (see notes).



4. COOK THE FISH

Heat a frypan over medium-high heat with **oil/butter**. Season fish with **salt and pepper**, cook for 3 minutes on each side or until cooked through. Slice and add spring onions and juice from 1/2 lemon halfway through cooking.



5. FINISH THE SALAD

Toss potatoes, eggs and beans with dressing. Season to taste with **salt and pepper**.

Halve cherry tomatoes and snow pea sprouts.



6. FINISH AND SERVE

Wedge remaining lemon.

Divide fish and potato salad among plates. Top with cherry tomatoes and sprouts. Serve with 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**

