



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: PURPLE CARROT

It's believed that all carrots used to be purple! Today, they're just one of many colours available. They boast twice the amount of alpha and beta carotene than their orange counterparts, which your body converts into vitamin A. In other words? They're great for your vision, skin and teeth!



1. POTATO BAKE

WITH FISH

 30 Minutes

 4 Servings

Nothing beats potato bake... except this lemony potato bake with locally sourced fish! Enjoy a crispy salad with purple carrot, lettuce and capsicum on the side.

FROM YOUR BOX

SPRING ONIONS	1/2 bunch *
CHERRY TOMATOES	1/2 packet (200g) *
SLICED POTATOES	1 bag (800g)
LETTUCE	1/2 *
RED CAPSICUM	1
PURPLE CARROT	1
LEMON	1
WHITE FISH FILLETS	2 packets

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil/butter for cooking, salt, pepper, lemon pepper, honey, dried oregano, flour (plain or other)

KEY UTENSILS

oven dish, large frypan

NOTES

Uncover the potatoes for the last 5 minutes for a golden, crispy top.

Reserve some sliced spring onion for garnish if desired.

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.



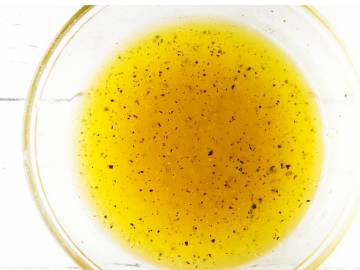
1. COOK THE POTATO BAKE

Set oven to 200°C. Slice spring onions and halve cherry tomatoes. Toss with potatoes, **2 tbsp oil, 1 tsp lemon pepper, salt and 1/4 cup water**. Place in large, lined oven dish, cover, and cook for 20-25 minutes (see notes).



2. PREPARE THE SALAD

Roughly chop lettuce, slice capsicum, and ribbon (or julienne) carrot. Toss together in a bowl.



3. MAKE THE DRESSING

Whisk together **3 tbsp olive oil**, juice from 1/2 lemon, **1/2 tsp lemon pepper and 1 tsp honey**. Season to taste with **salt**.



4. COOK THE FISH

Combine **2 tbsp flour, 1 tsp oregano and salt**. Heat a large frypan with **2 tbsp oil/butter** over high heat. Coat fish in flour mix and cook for 3-4 minutes on each side or until cooked through.



5. FINISH AND PLATE

Wedge remaining lemon.

Serve fish and potatoes with salad, dressing and lemon wedges.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

