



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Dill


To prepare dill, pick the soft fronds from the stems and finely chop. You can add any reserved stems to pickle jars or use to flavour roast fish and chicken.



2 Fish & Potatoes with Dill Cream Sauce

A classic dish of pan-cooked fish, baby potatoes finished with butter, and a crisp side salad served with a lemon and dill cream sauce for dipping.

 20 minutes

 4 servings

 Fish

14 January 2022

Use the BBQ!

Enjoy the summer evenings and BBQ the fish instead! Coat the fillets with some mayonnaise to prevent the fish from sticking to the grill.

FROM YOUR BOX

BABY POTATOES	800g
DUTCH CARROTS	1 bunch
GEM LETTUCE	3-pack
RED APPLE	1
DILL	1 packet
SOUR CREAM	1 tub
LEMON	1
WHITE FISH FILLETS	2 packets

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt, pepper, fennel seeds (see notes)

KEY UTENSILS

frypan, saucepan

NOTES

If you prefer the dutch carrots to be cooked you can add them to the saucepan with the potatoes halfway through the cooking time.

If you don't have fennel seeds you can use fresh rosemary or a dried herb of choice.

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



1. BOIL THE POTATOES

Place potatoes in a saucepan and bring to the boil. Simmer for 15 minutes or until cooked through. Drain and return to pan (see step 5).



2. PREPARE THE SALAD

Trim, scrub and halve carrots lengthways (see notes). Separate and rinse lettuce leaves. Slice apple. Set aside.



3. MAKE THE DILL SAUCE

Chop dill fronds. Combine with sour cream **1 tbsp water**, and zest and juice from 1/2 lemon (wedge remaining). Season with **salt and pepper**.



4. COOK THE FISH

Coat fish with **1 tsp fennel seeds, oil, salt and pepper**. Cook in a frypan over medium-high heat for 3-4 minutes each side.



5. CRISP THE POTATOES

Reheat saucepan over medium-high heat with **1 tbsp olive oil or butter**. Cook potatoes for 3-4 minutes until golden on the outside.



6. FINISH AND SERVE

Serve the potatoes, salad and fish with dill cream sauce and lemon wedges.

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**

