




Product Spotlight: Rosemary


Keep leftover rosemary sprigs in water on your kitchen bench. They will develop roots after 2-3 weeks!



Fish Provençal with Rosemary Baby Potatoes

White fish fillets diced and cooked in the style of the Provençal region of France with a simple, flavourful stew of tomato, onion, zucchini and olives, served with rosemary baby potatoes.

 30 minutes

 2 servings

 Fish

Roast it!

Instead of making boiled potatoes, roast them! Halve or slice potatoes, toss on a lined oven tray with oil, rosemary, salt and pepper and roast until golden and crispy.

Per serve: **PROTEIN** 32g **TOTAL FAT** 21g **CARBOHYDRATES** 45g

FROM YOUR BOX

BABY POTATOES	400g
ROSEMARY SPRIG	1
BROWN ONION	1
GARLIC CLOVE	1
TOMATOES	2
ZUCCHINI	1
TOMATO PASTE	1 sachet
KALAMATA OLIVES	1 tub
WHITE FISH FILLETS	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, 1 stock cube (chicken or vegetable)

KEY UTENSILS

large frypan, saucepan

NOTES

Garnish with dried chilli flakes and finely chopped fresh herbs such as rosemary, oregano or parsley.



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1. COOK THE POTATOES

Halve **baby potatoes** and add to a saucepan. Cover with water and boil for 10–15 minutes until tender. Drain **potatoes** and return to pan, see step 5.



2. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Chop **rosemary leaves** (reserve half for step 5) and slice **onion**. Add to pan as you go along with **crushed garlic clove** and **1 tsp oregano**. Sauté for 5 minutes or until softened.



3. SIMMER THE STEW

Dice **tomatoes** and **zucchini**. Add to pan along with **tomato paste**, **1 cup water** and **1 stock cube**. Cook, covered, for 8–10 minutes until **vegetables** are tender.



4. ADD OLIVES AND FISH

Rinse **olives** and **fish filets**. Dice **fish**. Add to **stew** and cook for a further 5–6 minutes or until **fish** is cooked through. Stir through **2 tsp olive oil**. Season to taste with **salt and pepper**.



5. TOSS THE POTATOES

Return **potatoes** to saucepan and toss over medium-high heat with **reserved rosemary**, **1–2 tbsp olive oil**, **salt and pepper**.



6. FINISH AND SERVE

Divide **potatoes** among shallow bowls. Serve with **fish stew** (see notes).

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