

**Product Spotlight:**
Dill

A beautifully fragrant herb, dill is good for calming the digestive system and preventing infection, among its many other benefits.



Nordic Fish Stew

Hearty and warming, this seafood stew with leek and baby potatoes has a hint of curry, lifted with flavours of fresh dill and lemon.



35 minutes



2 servings



Fish

Switch it up!

You can use dried herbs or fennel seeds to flavour the stew instead of curry powder if preferred! Leave out the coconut milk and use full cream milk or cream.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	38g	58g

FROM YOUR BOX

LEEK	1
BABY POTATOES	300g
CARROT	1
CHERRY TOMATOES	200g
CHICKEN STOCK PASTE	1 jar
WHITE FISH FILLETS	1 packet
COCONUT MILK	165ml
LEMON	1
DILL	1 packet

FROM YOUR PANTRY

olive oil, butter, salt, pepper, curry powder, flour (of choice)

KEY UTENSILS

large frypan or saucepan with lid, small frypan

NOTES

Slice the leek in half and rinse the layers to remove excess sand. Quarter any larger potatoes for quicker cooking time.



1. SAUTÉ THE VEGETABLES

Heat a frypan over medium heat with **1 tbsp olive oil** and **1 tbsp butter**. Slice leek, halve potatoes and dice carrot (see notes). Halve cherry tomatoes. Add all to pan as you go.



2. SIMMER THE STEW

Stir in **1/2 tbsp flour**, **1 tsp curry powder** and chicken stock paste. Cook for 2 minutes until fragrant. Stir in **3 cups water**. Increase heat to medium-high. Cover and simmer for 15 minutes until potatoes are tender.



3. MAKE THE CURRY OIL

Meanwhile, heat a small frypan over medium heat with **2 tbsp olive oil**. Add **1 tsp curry powder** and cook for 3 minutes until fragrant. Season with **salt**. Take off heat.



4. ADD THE FISH

Rinse and cut fish into smaller pieces. Add to stew along with coconut milk. Simmer for 5 minutes until cooked through. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Wedge lemon and chop dill fronds. Garnish stew with dill, drizzle with curry oil and serve with lemon wedges.



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