



### 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

 4/6 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** 46g

## FROM YOUR BOX

	4 PERSON	6 PERSON
BABY POTATOES	800g	1.2kg
ROSEMARY SPRIG	2	3
BROWN ONION	1	1
GARLIC CLOVES	2	3
TOMATOES	3	4
ZUCCHINI	1	1
TOMATO PASTE	1 sachet	2 sachets
KALAMATA OLIVES	1 tub	1 tub
WHITE FISH FILLETS	2 packets	3 packets

## 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 cloves** and **2–3 tsp oregano**. Sauté for 5 minutes or until softened.



### 3. SIMMER THE STEW

Dice **tomatoes** and **zucchini**. Add to pan along with **tomato paste**, **2 cups water** and **1 stock cube**. Cook, covered, for 8–10 minutes until **vegetables** are tender.

**6P** – use 3 cups water.



### 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 **1–2 tbsp olive oil** and season 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).

**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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

