




### Product Spotlight: Natural Yoghurt


Natural yoghurt contains good bacteria, known as "Probiotics", which can aid digestion and support a healthy digestive tract!



## Herby Crumbed Fish with Potato Salad

White fish fillets coated in herb and garlic lupin crumbs served with a fennel and potato salad with a tangy yoghurt and baby caper sauce.

 20 minutes

 4 servings

 Fish

## Switch it up!

*Instead of making potato salad, you can slice or wedge the potatoes and roast them. Make a salad from the other fresh ingredients and serve them with the yoghurt sauce.*

Per serve: **PROTEIN** 41g **TOTAL FAT** 6g **CARBOHYDRATES** 55g

## FROM YOUR BOX

POTATOES	800g
FENNEL	1
CELERY STICKS	2
SUGAR SNAP PEAS	150g
BABY CAPERS	1 jar
NATURAL YOGHURT	2 tubs
LUPIN CRUMB	60g
WHITE FISH FILLETS	2 packets

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

Did you love the Herb and Garlic Lupin Crumb? It's made locally by Coastal Crunch and available to purchase on our marketplace.



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### 1. BOIL THE POTATOES

Chop **potatoes**. Add to a saucepan and cover with water. Bring to a boil and cook for 10 minutes or until soft. Drain and rinse to cool.



### 2. PREPARE THE VEGETABLES

Thinly slice **fennel** (reserve any fronds for step 3) and **celery**. Trim and slice **sugar snap peas**. Add to a large bowl.



### 3. MAKE THE SAUCE

Drain and rinse **capers**. Roughly chop reserved fennel fronds and capers. Add to a bowl along with **yoghurt**. Season with **pepper**. Mix to combine.



### 4. COOK THE FISH FILLETS

Arrange **lupin crumbs** on a plate. Coat fish in **oil** and **salt** then press into crumbs to coat. Heat a frypan over medium-high heat with **oil**. Cook fish, in batches if necessary, for 2-4 minutes each side until cooked through.



### 5. TOSS THE SALAD

Add boiled potatoes and 1/2 sauce to bowl with prepared vegetables. Toss until well combined. Season with **salt and pepper** to taste.



### 6. FINISH AND SERVE

Divide potato salad among plates along with fish fillets. Serve with the remaining sauce to dip fish in.

**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**

