



### 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

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



30 minutes



4/6 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	TOTAL FAT	CARBOHYDRATES
4/6 Person:	32g/29g	10g	31g/36g

## FROM YOUR BOX

	4 PERSON	6 PERSON
POTATOES	800g	1.2kg
FENNEL	1	1
CELERY STICKS	2	3
SUGAR SNAP PEAS	150g	2 x 150g
BABY CAPERS	1 jar	2 jars
NATURAL YOGHURT	2 tubs	3 tubs
LUPIN CRUMB	60g	60g + 30g
WHITE FISH FILLETS	2 packets	3 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.

6P – use 1 1/2 jars capers.



### 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.

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