




### 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

 4 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** 22g **TOTAL FAT** 20g **CARBOHYDRATES** 42g

## FROM YOUR BOX

LEEK	1
BABY POTATOES	1kg
CARROTS	2
CHERRY TOMATOES	2 x 200g
WHITE FISH FILLETS	2 packets
COCONUT MILK	165ml
LEMON	1
DILL	1 packet

## FROM YOUR PANTRY

olive oil, butter, salt, pepper, curry powder, flour (of choice), 1 chicken stock cube

## 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.

If you don't have curry powder you can use 1 tbsp smoked paprika or ground coriander instead.



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### 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 **carrots** (see notes). Halve **cherry tomatoes**. Add all to pan as you go.



### 2. SIMMER THE STEW

Stir in **1 tbsp flour**, **2 tsp curry powder** and **crumbled chicken stock cube**. Cook for 2 minutes until fragrant. Stir in **1.2L 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**.

**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**

