



Product Spotlight: Parsley

Parsley is much more than just a simple garnishing herb! It is good for your eyesight (vitamin A + beta carotene), great for your immune system and can also help with urinary tract infections as it has good diuretic properties.



1 Portuguese Fish

Fresh fish cooked in a delicate tomato broth with flavours of cinnamon and coriander, served with tender baby potatoes tossed with parsley.

 30 minutes

 2 servings

 Fish

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Spice it up!

You can add olives, capers or fresh chilli to this stew if you have some. Garnish with lemon zest and serve with a squeeze of lemon juice too!

Per serve: **PROTEIN** 29g **TOTAL FAT** 22g **CARBOHYDRATES** 50g

FROM YOUR BOX

BABY POTATOES	400g
SHALLOT	1
RED CAPSICUM	1
TOMATOES	2
GARLIC	1 clove
TOMATO PASTE	1 sachet
CHICKEN STOCK PASTE	1/2 jar *
PARSLEY	1/2 bunch *
WHITE FISH FILLETS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, salt and pepper, ground coriander, ground paprika, ground cinnamon, red wine vinegar

KEY UTENSILS

large frypan with lid, saucepan

NOTES

Rinse the fish fillets before cooking to remove any stray scales.

No fish option – white fish fillets are replaced with diced chicken breast. Add the chicken to the stew in step 3 with the spices. Simmer for 15 minutes or until chicken is cooked through.



1. BOIL THE POTATOES

Place potatoes in a saucepan and cover with water (halve any larger ones). Bring to the boil and simmer for 10–15 minutes, or until tender (see step 4).



4. TOSS POTATOES

Meanwhile, drain cooked potatoes and return to saucepan. Chop parsley to yield 1/2 tbsp and toss with potatoes along with **olive oil, salt and pepper.**



2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium heat with **2 tbsp olive oil.** Thinly slice shallot and add to pan. Slice capsicum and tomatoes into rounds. Add to pan as you go.



5. ADD FISH TO STEW

Rinse fish fillets and add to stew. Simmer for 5 minutes or until fish is cooked through. Stir in **1 tsp vinegar** and season with **salt and pepper.**



3. SIMMER THE STEW

Add crushed garlic clove, **1 tsp ground coriander, 1 tsp paprika** and **1/2 tsp cinnamon** to the pan. Stir in tomato paste, stock paste and **1 1/2 cups water.** Increase heat to medium-high, cover and simmer for 10 minutes.



6. FINISH AND PLATE

Divide potatoes and fish stew among shallow bowls. Garnish with remaining parsley leaves.

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

