



### 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

 4 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** 27g **TOTAL FAT** 17g **CARBOHYDRATES** 46g

## FROM YOUR BOX

BABY POTATOES	800g
BROWN ONION	1
RED CAPSICUM	1
TOMATOES	3
GARLIC	2 cloves
TOMATO PASTE	1 sachet
CHICKEN STOCK PASTE	1 jar
PARSLEY	1/2 bunch *
WHITE FISH FILLETS	2 packets

*\*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 tbsp and toss with potatoes along with **olive oil, salt and pepper.**



### 2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium heat with **3 tbsp olive oil.** Thinly slice onion 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 2 crushed garlic cloves, **1 1/2 tsp ground coriander, 1 1/2 tsp paprika** and **1 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](mailto:hello@dinnertwist.com.au)

