



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Zucchini

Did you know that zucchini is a great source of vitamin K, even after it is cooked? Vitamin K is essential for healthy bones and blood clotting.



R4

## Fish Piccata

### with Ribboned Zucchini Salad

Pan-fried white fish fillets with a bright and vibrant lemon and caper sauce, served over sweet potato mash with fresh ribboned zucchini and basil salad.



25 minutes



4 servings



Fish

16 September 2022

## Switch it up!

*Make it a pasta! Instead of serving over mashed sweet potato, dice the sweet potato, cook in frypan with zucchini until tender. Tossed through cooked pasta along with sauce. Slice fish and serve over pasta with basil and walnuts.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	28g	60g

## FROM YOUR BOX

SWEET POTATOES	1kg
WALNUTS	1 packet (40g)
ZUCCHINIS	2
BASIL	1 packet
LEMON	1
WHITE FISH FILLETS	2 packets
BABY CAPERS	1 jar

## FROM YOUR PANTRY

oil for cooking, olive oil, butter, salt, pepper, cornflour, dried thyme

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can add parsley, shallot, garlic, chives and 1/2 stock cube to your sauce to give it even more flavour!



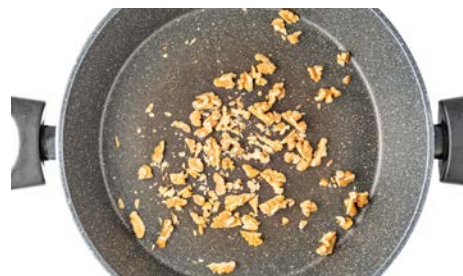
### 1. MAKE THE MASH

Roughly chop sweet potatoes. Place in a saucepan and cover with water. Bring to a boil for 10 minutes until potatoes are tender. Drain and return to pan. Mash with **2 tbsp butter** to a smooth consistency. Season with **salt and pepper**.



### 4. COOK THE FISH

Reheat frypan over medium-high heat. Coat fish in **oil, 2 tsp thyme, salt and pepper**. Add to pan and cook for 2-4 minutes each side or until cooked through. Remove to a plate and keep pan over heat.



### 2. TOAST THE WALNUTS

Heat a large frypan over medium-high heat. Roughly chop walnuts and add to pan. Toast for 5 minutes until golden, remove to a bowl and reserve pan.



### 5. MAKE THE SAUCE

Drain and rinse capers. Add to frypan along with **2 tbsp butter** (see notes). Cook until butter melts. Add lemon juice, **1 1/2 cups water** and **1 tbsp cornflour**. Whisk to combine. Simmer for 2-4 minutes until mixture thickens.



### 3. MAKE ZUCCHINI SALAD

Ribbon zucchinis, thinly slice basil leaves and zest and juice lemon (reserve juice for step 5). Add to walnuts and toss with **2 tbsp olive oil**.



### 6. FINISH AND SERVE

Divide mash between plates. Serve with fish and zucchini salad. Spoon sauce over fish and salad.

**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**

