



### Product Spotlight: Alfalfa sprouts

Alfalfa sprouts are a type of legume in sprouted form! They are delicious in sandwiches and salads and are easy to grow at home in a sprout-growing kit!



## Tarragon Fish

### with Golden Potatoes and Radish Salad

White fish fillets coated with fragrant dried tarragon and cooked in the pan served with golden baby potatoes and a radish and cucumber salad with creamy dressing.



25 minutes



2 servings



Fish

3 March 2023

## Switch it up!

*Cut the potatoes into chips and roast until crisp. Cut the cucumber into sticks and quarter the radishes. Serve with chicken and creamy dressing for dipping.*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 29g     | 12g       | 37g           |

## FROM YOUR BOX

|                    |          |
|--------------------|----------|
| BABY POTATOES      | 400g     |
| RADISHES           | 1 bunch  |
| LEBANESE CUCUMBERS | 1        |
| SHALLOT            | 1        |
| CREAMY DRESSING    | 1 sachet |
| WHITE FISH FILLETS | 1 packet |
| ALFALFA SPROUTS    | 1 punnet |

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried tarragon

## KEY UTENSILS

large frypan, saucepan

## NOTES

Use the radishes and shallot to taste as these vegetables can vary in size.

You can substitute the dried tarragon with lemon pepper, dried Italian herbs or dried oregano if preferred.



### 1. COOK THE POTATOES

Add potatoes (halve any larger ones) to a saucepan and cover with water. Bring to a boil and simmer for 12-15 minutes until tender. Drain and return to pan (see step 4).



### 2. PREPARE THE SALAD

Trim, scrub and slice radishes. Slice cucumbers and shallot (see notes). Toss all together in a bowl with dressing. Set aside in fridge until serving.



### 3. COOK THE FISH

Heat a frypan over medium-high heat. Coat fish with **1 tsp dried tarragon, oil, salt and pepper** (see notes). Cook for 3-4 minutes each side or until cooked through.



### 4. FINISH THE POTATOES

Reheat pan with potatoes over medium-high heat with **oil**. Cook for 5 minutes, tossing until golden. Season with **salt and pepper**.



### 5. FINISH AND SERVE

Serve fish with potatoes, salad and sprouts.

**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**

