



### Product Spotlight: Lemon Myrtle

Lemon myrtle is a popular native Australian herb. Used for centuries as bush medicine and to enhance the flavour of food by Indigenous Australians, it has a citrus aroma and a strong lemony flavour. Perfect in sweet and savoury dishes.



## Lemon Myrtle Seafood Bouillabaisse

Sustainably caught marinara seafood mix from Catalano's, cooked in a beautifully fragrant lemon myrtle stew served with potatoes, makes for the perfect light spring dinner.



30 minutes



2 servings



Fish

### Bulk it up!

*Serve the bouillabaisse with crusty bread, garlic bread or a fresh side salad. You can also add cannellini beans, borlotti beans or green beans into the stew.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	22g	23g	59g

## FROM YOUR BOX

MEDIUM POTATOES	2
FENNEL	1 bulb
GARLIC CLOVE	1
CARROT	1
TOMATOES	2
MARINARA MIX	1 packet
LEMON MYRTLE	1 packet
VEGETABLE STOCK PASTE	1 jar
PARSLEY	1 packet
LEMON	1

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

Boil the kettle and cover the potatoes with hot water to speed up the process.

For a traditional bouillabaisse, add a pinch of saffron in step 3.



### 1. BOIL THE POTATOES

Roughly chop potatoes. Place in a saucepan and cover with water (see notes). Cover and bring to a boil. Simmer for 10-15 minutes until tender. Drain potatoes.



### 2. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Slice fennel (reserve any fronds for garnish) and crush garlic. Add to pan and sauté for 4-6 minutes until fennel begins to brown.



### 3. ADD MARINARA & SIMMER

Dice carrot and wedge tomatoes. Add to pan along with marinara mix, lemon myrtle, stock paste and **750 ml water** (see notes). Simmer, semi-covered, for 15 minutes until carrot is tender.



### 4. MAKE PARSLEY DRESSING

Finely chop parsley (including tender stems). Zest lemon and juice 1/2 (wedge remaining to serve). Add to a bowl as you go along with **3 tbsp olive oil, 2 tbsp water, salt and pepper**. Mix to combine.



### 5. FINISH AND SERVE

Season bouillabaisse to taste with **salt and pepper**.

Divide potatoes among bowls. Ladle in bouillabaisse and drizzle over parsley dressing. Garnish with any fennel fronds.



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