



Product Spotlight: Dill

A beautifully fragrant herb, dill is good for calming the digestive system and preventing infection, among its many other benefits.



Greek Fish

with Lemon Potatoes and Feta Whip

Pan-seared fish fillets with oregano served with crispy lemon potato slices, chopped salad and creamy whipped feta.



30 minutes



2 servings



Fish

22 September 2023

Jazz up the feta!

Add some fresh chopped rosemary or a ground spice to whip with the feta for an extra flavour! Dried chilli flakes, smoked paprika, or some sumac work well!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	32g	63g

FROM YOUR BOX

MEDIUM POTATOES	3
LEMON	1
FETA CHEESE	1 packet
GARLIC CLOVE	1
GREEN CAPSICUM	1
LEBANESE CUCUMBER	1
TOMATO	1
DILL	1 packet
WHITE FISH FILLETS	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano

KEY UTENSILS

oven tray, frypan, stick mixer or small food processor

NOTES

You can use milk instead of water for a creamier feta whip.

Rinse and pat fish fillets dry before cooking. You can use ground cumin or smoked paprika instead of oregano if preferred.

Any leftover whipped feta is delicious on toast or served with veggie sticks.



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1. ROAST THE POTATOES

Set oven to 250°C.

Slice potatoes. Toss on a lined oven tray with zest from 1/2 lemon and 1/2 tbsp lemon juice (reserve remaining lemon for step 2), **oil, salt and pepper**. Roast in oven for 25–30 minutes until golden and tender.



4. COOK THE FISH

Coat fish with **2 tsp oregano, oil, salt and pepper** (see notes). Cook in a frypan over medium-high heat for 3–4 minutes each side or until cooked through.



2. MAKE THE FETA WHIP

Blend crumbled feta with juice from 1/2 lemon, 1 crushed garlic clove, **1 tbsp olive oil** and **3 tbsp water** using a stick mixer until smooth (see notes). Season with **pepper** to taste. Set aside.



3. PREPARE THE SALAD

Dice capsicum, cucumber and tomato. Chop dill. Toss together.



5. FINISH AND SERVE

Serve potatoes with salad, fish and feta whip for dipping (see notes).

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