




Product Spotlight: Lemon

When zesting lemons, you want to make sure and only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, as this is quite bitter.



Lemon Butter Baked Fish

A comforting garlic lemon butter fish bake served with lashings of mashed potato and spring greens tossed with toasted almonds.

 30 minutes

 2 servings

 Fish

15 September 2023

Switch it up!

You can use the potatoes to make wedges or chips instead! Wrap the fish fillets, butter and lemon slices and any extra vegetables in baking paper to form fish parcels.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	32g	53g

FROM YOUR BOX

POTATOES	3
LEMON	1
WHITE FISH FILLETS	1 packet
GARLIC CLOVE	1
SLIVERED ALMONDS	1 packet (40g)
ASPARAGUS	1 bunch
PARSLEY	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, butter, baking paper, milk (optional)

KEY UTENSILS

frypan, saucepan, oven dish

NOTES

Use lemon to taste. You can zest the lemon and toss it through the blanched greens if you like!



1. COOK THE POTATOES

Set oven to 220°C.

Peel and dice potatoes. Place in a saucepan and cover with water. Bring to a boil for 12 minutes until potatoes are tender. Drain and return to pan (continue at step 5).



2. BAKE THE FISH

Slice lemon (see notes). Coat fish with crushed garlic clove, **salt and pepper**. Place in a lined oven dish with **2 tbsp butter** and lemon. Cover with **baking paper**, tucking in edges. Bake in oven for 15–20 minutes or until cooked through.



3. TOAST THE ALMONDS

Add almonds to a dry frypan over medium-high heat. Toast for 5 minutes until golden. Set aside.



4. BLANCH THE GREENS

Trim asparagus. Fill a frypan with water and bring to a simmer. Add greens and cook for 3–5 minutes until tender. Drain and toss with **1/2 tbsp olive oil, salt and pepper**. Toss in almonds.



5. MASH THE POTATOES

Mash potatoes with **1/2 tbsp butter** and **1/4 cup milk** or **water** to reach a smooth consistency. Season with **salt and pepper**.



6. FINISH AND SERVE

Chop parsley and use to garnish fish. Serve with mashed potatoes and greens.



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