



Product Spotlight: Zucchini

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



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



2 servings



Fish

Switch it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	31g	66g

FROM YOUR BOX

SWEET POTATOES	600g
WALNUTS	1 packet
ZUCCHINI	1
BASIL	1 packet
LEMON	1
WHITE FISH FILLETS	1 packet
BABY CAPERS	1 jar

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, saucepan

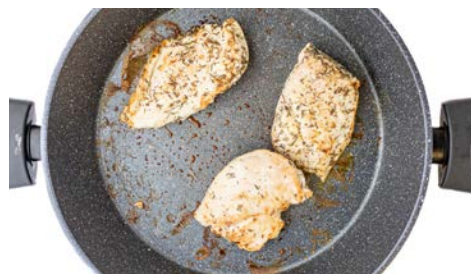
NOTES

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



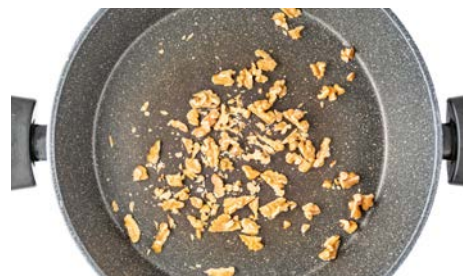
1. MAKE THE MASH

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 FILLETS

Reheat frypan over medium-high heat. Coat fish in **oil, 1 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 large bowl and reserve pan.



5. MAKE THE SAUCE

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



3. MAKE THE ZUCCHINI SALAD

Ribbon zucchini, thinly slice basil leaves and zest and juice lemon (reserve juice for step 5). Add to walnuts and toss with **1 tbsp olive oil**.



6. FINISH AND SERVE

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



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