



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



4 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** 20g **TOTAL FAT** 13g **CARBOHYDRATES** 51g

FROM YOUR BOX

MEDIUM POTATOES	800g
FENNEL	1 bulb
GARLIC CLOVES	2
CARROTS	2
TOMATOES	3
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.



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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 carrots and wedge tomatoes. Add to pan along with marinara mix, lemon myrtle, stock paste and **1 L 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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