



Product Spotlight: Capers

Capers are little flower buds! They come from the Flinders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.



Creamy Fish Piccata with Potatoes

Herby fish fillets in a creamy garlic sauce with capers served alongside zesty lemon greens and tender baby potatoes.



25 minutes



4 servings



Fish

14 April 2023

Change the potatoes!

This dish also works well with crushed or mashed potatoes. You can mash the broccoli into the potatoes to further hide the greens!

Per serve: **PROTEIN** 30g **TOTAL FAT** 11g **CARBOHYDRATES** 53g

FROM YOUR BOX

BABY POTATOES	800g
BROCCOLI	1
GREEN BEANS	1 packet (250g)
WHITE FISH FILLETS	2 packets
LEMON	1
SOUR CREAM	1 tub
CAPERS	1 jar

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried tarragon, 1 garlic clove

KEY UTENSILS

large frypan, saucepan x 2

NOTES

You can steam the greens on top of the boiling potatoes if you have a steamer basket!

Rinse fish fillets and pat dry before cooking. This will help remove any stray scales.



1. BOIL THE POTATOES

Halve potatoes and place in a saucepan. Cover with water, bring to a boil and simmer for 12-15 minutes or until cooked through. Drain and set aside.



2. BLANCH THE GREENS

Meanwhile, fill a large saucepan with water and bring to a simmer (see notes). Cut broccoli into florets. Trim and halve beans. Add to simmering water for 5 minutes until tender. Drain and set greens aside.



3. SEAR THE FISH

Coat fish fillets with **2 tsp tarragon**, lemon zest, **oil**, **salt** and **pepper** (see notes). Cook in a frypan over medium-high heat for 3 minutes on one side.



4. SIMMER THE SAUCE

Turn fish over. Stir in **1 crushed garlic clove**, sour cream and **1/2 cup water**. Drain and add capers. Simmer for 3-4 minutes or until fish is cooked through.



5. FINISH AND SERVE

Squeeze juice from 1/2 lemon (wedge remaining) over greens. Toss with **olive oil**, **salt** and **pepper**.

Serve greens with potatoes, fish and creamy sauce. Garnish with lemon wedge.



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