

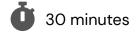




Greek Fish

with Lemon Potatoes and Feta Whip

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





4 servings



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!

TOTAL FAT CARBOHYDRATES 53g

FROM YOUR BOX

MEDIUM POTATOES	1kg
LEMON	1
FETA CHEESE	1 packet
GARLIC CLOVE	1
GREEN CAPSICUM	1
LEBANESE CUCUMBER	1
TOMATOES	2
DILL	1 packet
WHITE FISH FILLETS	2 packets

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.





1. ROAST THE POTATOES

Set oven to 250°C.

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



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 tomatoes. Chop dill. Toss together.



4. COOK THE FISH

Coat fish with 1 tbsp 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.



5. FINISH AND SERVE

Serve potatoes with salad, fish and feta whip for dipping.

