



### Product Spotlight: Dill

A beautifully fragrant herb, dill is good for calming the digestive system and preventing infection, among its many other benefits.



## 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.



30 minutes



4 servings



Fish

22 September 2023

## 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!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	16g	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.



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### 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.



### 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.



### 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.



### 5. FINISH AND SERVE

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



### 3. PREPARE THE SALAD

Dice capsicum, cucumber and tomatoes. Chop dill. Toss together.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

