

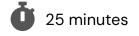




# Fish Piccata

# 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.





4 servings



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.

### **FROM YOUR BOX**

SWEET POTATOES	1kg
WALNUTS	1 packet
ZUCCHINIS	2
BASIL	1 packet
LEMON	1
WHITE FISH FILLETS	2 packets
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**.



### 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.



#### 3. MAKE THE ZUCCHINI SALAD

Ribbon zucchinis, thinly slice basil leaves and zest and juice lemon (reserve juice for step 5). Add to walnuts and toss with **2 tbsp olive oil**.



## 4. COOK THE FISH FILLETS

Reheat frypan over medium-high heat. Coat fish in oil, 2 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.



# **5. MAKE THE SAUCE**

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



#### 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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