



Product Spotlight: Lemon

When zesting lemons, make sure to only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, as this is quite bitter.



Pan-Fried Fish Fillets

with Lemon Thyme Succotash

Zesty white fish fillets pan-fried and served over creamy corn polenta with a lemon thyme corn succotash.



30 minutes



4 servings



Fish

Switch it up!

Char the corn kernels in a frypan and add to polenta for extra flavour. Use the remaining succotash ingredients to make a salsa!

Per serve: **PROTEIN** 28g **TOTAL FAT** 2g **CARBOHYDRATES** 64g

FROM YOUR BOX

CELERY STICKS	2
SPRING ONIONS	1 bunch
RED CAPSICUM	1
CORN COBS	2
LEMON	1
LEMON THYME	1 packet
WHITE FISH FILLETS	2 packets
INSTANT POLENTA	250g

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold upside down and firmly slide the leaves down.

For extra flavour in the polenta, substitute water for stock or milk, add butter, crumbled feta cheese, shaved parmesan, goat cheese or sour cream.



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1. PREPARE THE INGREDIENTS

Thinly slice **celery sticks** and **spring onions**. Roughly dice **capsicum**. Remove **corn** kernels from cobs. Zest **lemon**. Remove **thyme leaves** from stalks (see notes). Set some spring onion green tops and lemon thyme aside in a small bowl for garnish (at step 6).



2. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Coat **fish** with **salt, pepper** and lemon zest. Cook for 2-4 minutes each side. Remove to a plate and keep pan over heat for step 3.



3. MAKE THE SUCCOTASH

Add extra **oil** to pan. Add celery, spring onions, capsicum, corn and 1/2 lemon thyme to pan. Cook for 6-8 minutes until corn is golden. Remove from heat (see step 5).



4. COOK THE POLENTA

Bring a saucepan with **1.3L water** (see notes) to a boil. Gradually pour in **polenta**, whisking continuously until thickened. Remove from heat and season with remaining lemon thyme, **salt and pepper**.



5. SEASON THE SUCCOTASH

Squeeze juice from 1/2 lemon (wedge remaining) into succotash. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide polenta among shallow bowls. Add succotash and fish fillets. Garnish with reserved spring onions and lemon thyme. Serve with lemon wedges.

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