




Product Spotlight: Chives


Any leftover chives are delicious in a breakfast omelette! Store chives in a container, wrapped in damp paper or kitchen towel to prevent them from dehydrating.



1 Lemon & Chive Fish with Potato Hash

Golden cubes of potato with pan cooked fish fillets finished with a lemon and chive dressing and served with a fresh ribboned salad.

 35 minutes

 2 servings

 Fish

30 November 2020

Mix it up!

Cut the potatoes into chips and roast in the oven if preferred. You could transform this dish into a fish burger or wrap for a more child friendly dish or even make fish cakes with the chives and lemon zest.

Per serve: **PROTEIN** 29g **TOTAL FAT** 33g **CARBOHYDRATES** 41g

FROM YOUR BOX

POTATOES	400g
LEBANESE CUCUMBER	1
CARROT	1
AVOCADO	1
LEMON	1
CHIVES	1/2 bunch *
WHITE FISH FILLETS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, smoked paprika, dijon or wholegrain mustard

KEY UTENSILS

large frypan, frypan

NOTES

Rinse the fish fillets before cooking to remove any stray scales.

Add some crushed garlic to the fish as it cooks if you have some.

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. COOK THE POTATOES

Heat a large frypan over medium-high heat with **oil**. Dice and add potatoes as you go along with **1/2 tsp smoked paprika**. Cook, tossing occasionally, for 10-15 minutes until tender and cooked through. Season with **salt and pepper**.



2. PREPARE THE SALAD

Ribbon the cucumber and carrot using a vegetable peeler. Slice avocado. Gently toss together and set aside.



3. PREPARE THE DRESSING

Whisk together 1 tsp lemon zest, 1/2 lemon juice (wedge remaining), **1 tsp mustard** and **2 tbsp olive oil**. Slice and add chives. Season with **salt and pepper**. Set aside.



4. COOK THE FISH

Heat a frypan over medium-high heat. Coat fish with **oil, salt and pepper**. Cook for 3-4 minutes each side or until cooked through.



5. FINISH AND PLATE

Divide potatoes, fish and salad among plates. Spoon over chive dressing to taste. Serve with lemon wedges.

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**

