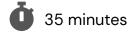


# Lemon & Chive Fish

# 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.





2 servings



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.

PROTEIN TOTAL FAT CARBOHYDRATES

29g 33g

41g

### **FROM YOUR BOX**

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

<sup>\*</sup>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.



