



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Capers


Capers are actually little flower buds that come from the Finders Rose (or Caper Bush) plant. Naturally very bitter, the pickling process turns them into little flavour bombs with a nice hit of salt and acid.



1 Provençal Fish

A one pan fish dish with tomatoes and capers, influenced by the seasonal ingredients found in the region of southern France. Served with a side of golden baby potatoes.

 30 mins

 2 servings

 Fish

8 March 2021

Spice it up!

You can add crushed garlic, fresh thyme leaves or fresh chilli to the dish for a more exciting flavour!

Per serve: **PROTEIN** 30g **TOTAL FAT** 13g **CARBOHYDRATES** 48g

FROM YOUR BOX

BABY POTATOES	400g
TOMATO	1
COURGETTES	3
LEMON	1
GREEN BEANS	1 bag (150g)
WHITE FISH FILLETS	1 packet
CAPERS	1 jar

**Ingredient also used in another recipe*

FROM YOUR PANTRY

butter, olive oil, salt and pepper, stock cube (1/2), dried thyme

KEY UTENSILS

large frypan with lid, saucepan

NOTES

Halve any larger potatoes if needed.

If you have thinner pieces of fish, check if they are cooked through after 5 minutes.

No fish option - white fish fillets are replaced with chicken schnitzels. Coat the chicken with oil, salt and pepper. Cook in a separate frypan over medium-high heat for 4-5 minutes each side or until cooked through. Add to the tomato broth at the end.



1. COOK THE POTATOES

Place potatoes in a saucepan and cover with water (see notes). Bring to the boil and simmer for 10-15 minutes, or until fork tender (see step 4).



4. BROWN THE POTATOES

Drain the cooked potatoes and return to saucepan over medium-high heat. Add **1 tsp butter** and **1 tsp olive oil**. Stir in **1/4 tsp dried thyme** and season with **salt and pepper**. Cook for 5 minutes tossing until browned.



2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium heat with **1 tbsp olive oil**. Slice tomato and courgettes. Add to pan as you go along with **1/2 tsp dried thyme**, lemon zest and 1/2 the juice (wedge remaining). Cook for 5 minutes.



5. FINISH AND PLATE

Drain capers and scatter on top of fish to garnish (use to taste). Season with **pepper**. Serve alongside potatoes with lemon wedges.



3. ADD THE FISH

Crumble in **1/2 stock cube** and pour in **3/4 cup water**. Trim, halve and add green beans. Rinse fish fillets and tuck into vegetables. Cover with lid and cook for 5-10 minutes or until fish is cooked through (see notes).

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

