



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Capers

Capers are actually little flower buds! They come from a plant called Finders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.



1 Crispy Caper Fish with Dill Potatoes

Golden herby potatoes with garlic butter fish, topped with a fresh lemon fennel salad and bursts of crispy capers.

 30 minutes

 2 servings

 Fish

2 November 2020

Spice it up!

Add a little extra crunch with some toasted nuts if you have some! Pecans, walnuts, almonds or pine nuts will work well! Serve the fish with some mayonnaise or tartare sauce if preferred.

Per serve: **PROTEIN** 29g **TOTAL FAT** 33g **CARBOHYDRATES** 48g

FROM YOUR BOX

POTATOES	400g
FENNEL	1
PEAR	1
GEM LETTUCE	1*
PARSLEY	1/4 bunch *
LEMON	1/2 *
CAPERS	1 jar
WHITE FISH FILLETS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, dried dill (see notes), garlic (1/2 clove)

KEY UTENSILS

frypan, oven tray

NOTES

If you don't have dried dill you can use fennel seeds, dried tarragon or dried oregano instead.

You can use a mandolin if you have one to slice the fennel. Pick the fronds and add them to the salad.

Rinse fish fillets and pat dry before cooking.

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. ROAST THE POTATOES

Set oven to 220°C.

Cut potatoes into cubes (3cm) and toss on a lined oven tray with **1 tsp dried dill, oil, salt and pepper**. Roast in oven for 20-25 minutes until golden and cooked through.



2. PREPARE THE SALAD

Thinly slice fennel (see notes), slice pear and roughly tear gem lettuce. Chop parsley. Toss together in a salad bowl.



3. MAKE THE DRESSING

Whisk together lemon juice, **2 tbsp olive oil, salt and pepper**. Set aside.



4. CRISP THE CAPERS

Heat a frypan over medium-high heat with **1 tbsp olive oil**. Add capers (to taste) and cook for 5 minutes until slightly crispy. Remove to a small bowl and reserve pan.



5. COOK THE FISH

Coat fish with **oil, salt and pepper** (see notes). Reheat frypan to medium-high heat with **1/2 tbsp butter**. Add fish and cook for 4 minutes. Turn over and crush in **1/2 garlic clove**. Cook for a further 3-4 minutes.



6. FINISH AND PLATE

Toss salad with dressing. Divide potatoes among plates. Top with fish fillets and fennel salad. Garnish with crispy capers.

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**

