



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

 4 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** 27g **TOTAL FAT** 15g **CARBOHYDRATES** 38g

FROM YOUR BOX

BABY POTATOES	800g
TOMATOES	2
ZUCCHINI	1
LEMON	1
GREEN BEANS	1/2 bag (125g) *
WHITE FISH FILLETS	2 packets
CAPERS	1 jar

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, stock cube (1), 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).



2. SAUTÉ THE VEGETABLES

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



3. ADD THE FISH

Crumble in **1 stock cube** and pour in **1 1/2 cups 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).



4. BROWN THE POTATOES

Drain the cooked potatoes and return to saucepan over medium-high heat. Add **1/2 tbsp butter** and **1/2 tbsp olive oil**. Stir in **1/4 tsp dried thyme** and season with **salt and pepper**. Cook for 5 minutes tossing until browned.



5. FINISH AND PLATE

Drain capers and scatter on top of fish to garnish. Season with **pepper**. Serve alongside potatoes 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

