



### 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

 4 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** 27g **TOTAL FAT** 17g **CARBOHYDRATES** 34g

## FROM YOUR BOX

POTATOES	800g
CONTINENTAL CUCUMBER	1
CARROT	1
AVOCADO	1
LEMON	1
CHIVES	1/2 bunch *
WHITE FISH FILLETS	2 packets

*\*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 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**

