




Product Spotlight: Lemon


When zesting lemons, you want to make sure and only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, as this is quite bitter.



Lemon Fish with Greek Potatoes

Grilled fish fillets with lemon zest and thyme, served alongside a summery dressed potato salad with dill and capers.

 25 minutes

 4 servings

 Fish

Switch it up!

You can roast the potatoes and cut the vegetables into veggie sticks instead of making a salad. Combine the dill, capers and shallot with yoghurt or mayonnaise to make a dipping sauce.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	15g	30g

FROM YOUR BOX

BABY POTATOES	1kg
LEMON	1
SHALLOT	1
RED CAPSICUM	1
LEBANESE CUCUMBER	1
WHITE FISH FILLETS	2 packets
DILL	1 packet
CAPERS	1 jar

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried thyme, vinegar of choice

KEY UTENSILS

frypan, saucepan

NOTES

Add crumbled feta cheese, kalamata olives or rocket leaves to the potato salad! Fresh or dried chilli also gives a lovely kick to the dressing.

You could use dried oregano, lemon pepper or fresh rosemary if preferred!



1. COOK THE POTATOES

Halve (or quarter) **potatoes**. Place in a saucepan and cover with water. Bring to a boil and cook for 12–15 minutes until tender. Drain and rinse under cold water to cool.



2. PREPARE THE SALAD

Whisk together juice from 1/2 lemon (wedge remaining), **1 tbsp vinegar**, **1/4 cup olive oil**, **salt and pepper** in a large bowl (see notes). Slice **shallot**, **capsicum** and **cucumber**. Add to bowl.



3. COOK THE FISH

Heat a frypan over medium-high heat. Coat **fish** with **lemon zest**, **2 tsp dried thyme**, **oil**, **salt and pepper** (see notes). Cook for 4–5 minutes each side or until cooked through.



4. TOSS THE SALAD

Chop **dill** and drain **capers** (use to taste). Toss with potatoes and salad until combined. Season with **salt and pepper**.



5. FINISH AND SERVE

Serve the fish with lemon wedges alongside potato salad.



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