



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Rosemary


Keep leftover rosemary sprigs in water on your kitchen bench. They will develop roots after 2-3 weeks!



## E2 Fish Provençal with Rosemary Baby Potatoes

White fish fillets diced and cooked in the style of the Provençal region of France with a simple, flavourful stew of tomato, onion, zucchini and olives, served with rosemary baby potatoes.

 25 minutes

 2 servings

 Fish

17 June 2022

## Roast it!

*Instead of making boiled potatoes, roast them! Halve or slice potatoes, toss on a lined oven tray with oil, rosemary, salt and pepper and roast until golden and crispy.*

Per serve: **PROTEIN** 28g **TOTAL FAT** 16g **CARBOHYDRATES** 52g

## FROM YOUR BOX

BABY POTATOES	1 bag (400g)
ROSEMARY SPRIG	1
BROWN ONION	1
TOMATOES	2
COURGETTES	2
TOMATO PASTE	1 sachet
KALAMATA OLIVES	1 packet (100g)
WHITE FISH FILLETS	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 1 garlic clove, dried oregano, 1 stock cube (chicken or vegetable)

## KEY UTENSILS

large frypan, saucepan

## NOTES

Garnish with dried chilli flakes and finely chopped fresh herbs such as rosemary, oregano or parsley.



### 1. COOK THE POTATOES

Halve baby potatoes and add to a saucepan. Cover with water and boil for 10–15 minutes until tender. Drain potatoes and return to pan, see step 5.



### 2. SAUTÉ THE AROMATICS

Heat a large frypan over medium–high heat with **oil**. Chop rosemary leaves (reserve half for step 5) and slice onion. Add to pan as you go along with **crushed garlic clove** and **1 tsp oregano**. Sauté for 5 minutes or until softened.



### 3. SIMMER THE STEW

Dice tomatoes and courgettes. Add to pan along with tomato paste, **1 cup water** and **1 stock cube**. Cook, covered, for 8–10 minutes until vegetables are tender.



### 4. ADD OLIVES AND FISH

Rinse olives and fish fillets. Dice fish. Add to stew and cook for a further 5–6 minutes or until fish is cooked through. Stir through **2 tsp olive oil**. Season to taste with **salt and pepper**.



### 5. TOSS THE POTATOES

Return potatoes to saucepan and toss over medium–high heat with reserved rosemary, **1–2 tbs olive oil, salt and pepper**.



### 6. FINISH AND SERVE

Divide potatoes among shallow bowls. Serve with fish stew (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**

