




Product Spotlight: Natural Yoghurt


Natural yoghurt contains good bacteria, known as 'Probiotics', which can aid digestion and support a healthy digestive tract!



Lemon Lupin Crumb Fish with Potato Salad

White fish fillets coated in lemon pepper lupin crumbs served with a fennel and potato salad with a tangy yoghurt and baby caper sauce.

 20 minutes

 2 servings

 Fish

Switch it up!

Instead of making potato salad, you can slice or wedge the potatoes and roast them. Make a salad from the other fresh ingredients and serve them with the yoghurt sauce.

Per serve: **PROTEIN** 40g **TOTAL FAT** 8g **CARBOHYDRATES** 77g

FROM YOUR BOX

MEDIUM POTATOES	3
FENNEL	1
CELERY STICK	1
SUGAR SNAP PEAS	1 bag (150g)
BABY CAPERS	1 jar
NATURAL YOGHURT	1 tub
LUPIN CRUMB	1 packet (30g)
WHITE FISH FILLETS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

Did you love the Lemon Pepper Lupin Crumb? It's made locally by Coastal Crunch and available to purchase on our marketplace.



1. BOIL THE POTATOES

Chop potatoes. Add to a saucepan and cover with water. Bring to a boil and cook for 10 minutes or until soft. Drain and rinse to cool.



2. PREPARE THE VEGETABLES

Thinly slice fennel (reserve any fronds for step 3) and celery. Trim and slice sugar snap peas. Add to a large bowl.



3. MAKE THE SAUCE

Drain and rinse capers (use to taste). Roughly chop reserved fennel fronds and capers. Add to a bowl along with yoghurt. Season with **pepper**. Mix to combine.



4. COOK THE FISH FILLETS

Arrange lupin crumbs on a plate. Coat fish in **oil** and **salt** then press into crumbs to coat. Heat a frypan over medium-high heat with **oil**. Cook fish, in batches if necessary, for 2-4 minutes each side until cooked through.



5. TOSS THE SALAD

Add boiled potatoes and 1/2 sauce to bowl with prepared vegetables. Toss until well combined. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Divide potato salad among plates along with fish fillets. Serve with the remaining sauce to dip fish in.



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