




Product Spotlight: Rosemary


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



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

 4 servings

 Fish

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** 26g **TOTAL FAT** 12g **CARBOHYDRATES** 42g

FROM YOUR BOX

BABY POTATOES	800g
ROSEMARY SPRIG	1
BROWN ONION	1
GARLIC CLOVES	2
TOMATOES	3
ZUCCHINI	1
TOMATO PASTE	1 sachet
KALAMATA OLIVES	1 tub
WHITE FISH FILLETS	2 packets
GARLIC CLOVES	2

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 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.



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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 cloves and **2 tsp oregano**. Sauté for 5 minutes or until softened.



3. SIMMER THE STEW

Dice tomatoes and zucchini. Add to pan along with tomato paste, **2 cups 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 **1 tbsp olive oil** and season with **salt and pepper**.



5. TOSS THE POTATOES

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



6. FINISH AND SERVE

Divide potatoes among shallow bowls. Serve with fish stew (see notes).

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