



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Cauliflower


Cauliflower is chock full of vitamins and minerals! It offers a good source of choline which assists in brain development, improving learning and memory!



R2 Zesty Fish Fillets with Tarragon Cauliflower Rice

Fish fillets cooked with bright lemon zest and served with homemade tarragon cauliflower rice, garlic sautéed broccolini, fresh sprouts and lemon wedges.

 30 minutes

 2 servings

 Fish

18 November 2022

Risotto!

Change the cauliflower rice into a risotto. Crumble in a stock cube and add 1 1/2 cups water in step 4. Simmer, semi-covered, for 8-10 minutes until thickened to resemble risotto, and season to taste.

Per serve: **PROTEIN** 35g **TOTAL FAT** 6g **CARBOHYDRATES** 32g

FROM YOUR BOX

CAULIFLOWER	1
LEMON	1
WHITE FISH FILLETS	1 packet
BROWN ONION	1
BROCCOLINI	1 bunch
SNOW PEA SPROUTS	1 punnet

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 garlic clove, dried tarragon

KEY UTENSILS

2 frypans, food processor

NOTES

Use cauliflower to taste. Any leftover cauliflower can be roasted with other vegetables or mashed with potatoes.

If you don't have a food processor, you can grate your cauliflower or use a knife and finely chop it. Alternatively, cut into florets and roast.

You can substitute tarragon with dried or fresh oregano, rosemary or thyme. Use 1 tbsp tarragon if you are using the whole cauliflower. Adjust the tarragon quantity to how much cauliflower you use.



1. PREPARE CAULIFLOWER RICE

Roughly chop cauliflower (see notes). Add to food processor and process to a fine texture.



2. COOK THE FISH FILLETS

Heat a frypan over medium-high heat with **oil**. Zest lemon (reserve remaining lemon for step 5). Coat fish in **oil**, lemon zest, **salt and pepper**. Add to pan and cook for 2-4 minutes each side until cooked through. Remove fish and reserve frypan for step 5.



3. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Slice onion, add to pan with **1 tbsp tarragon** (see notes) and cook for 1 minute.



4. SAUTÉ CAULIFLOWER RICE

Add cauliflower rice to frypan with onion and sauté for 4-5 minutes to warm through. Season to taste with **salt and pepper**.



5. COOK THE GREENS

Reheat frypan over medium-high heat with **oil**. Crush **garlic clove**. Trim and halve broccolini. Add to pan as you go and cook for 2-4 minutes or until tender. Squeeze over juice from 1/2 lemon (wedge remaining and set aside).



6. FINISH AND SERVE

Divide cauliflower rice among plates. Serve with fish fillets, broccolini and lemon wedges. Garnish with snow pea sprouts.

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

