




**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

27 January 2023

**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:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	38g	11g	55g

## FROM YOUR BOX

MEDIUM POTATOES	2
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. 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.

**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](mailto:hello@dinnertwist.com.au)

