



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Capers


Capers are little flower buds! They come from the Flinders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.



## S2 Tarragon Fish with Caper Butter

Herby fish fillets, golden baby potatoes, layered tomato and basil salad. All served with tasty caper butter, delicious when melted on top!

 25 minutes

 2 servings

 Fish

9 December 2022

## Save the butter!

*You can use more butter in this recipe and add some crushed garlic, chopped fresh herbs or fennel seeds for extra flavour. Freeze any leftovers to serve another time.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	18g	57g

## FROM YOUR BOX

BABY POTATOES	400g
TOMATO	1
GREEN CAPSICUM	1
SNOW PEAS	1 bag (150g)
BASIL	1 packet (10g)
WHITE FISH FILLETS	1 packet
CAPERS	1 jar

## FROM YOUR PANTRY

oil for cooking, salt, pepper, butter, dried tarragon

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can dress the salad with balsamic vinegar and olive oil if preferred!



### 1. COOK THE POTATOES

Set aside **40g butter** to soften.

Add potatoes (halve any larger ones) to a saucepan and cover with water. Bring to a boil and simmer for 12-15 minutes until tender. Drain and return to pan (see step 5).



### 2. PREPARE THE SALAD

Slice tomato and capsicum into rounds. Trim and slice snow peas. Pick basil leaves. Layer all ingredients on a serving plate, alternating as you go.



### 3. COOK THE FISH

Heat a frypan over medium-high heat. Coat fish with **1 tsp tarragon, oil, salt and pepper**. Cook for 3-4 minutes each side or until cooked through.



### 4. MAKE THE CAPER BUTTER

Drain and roughly chop capers. Combine with **softened butter**. Set aside.



### 5. FINISH THE POTATOES

Reheat pan with potatoes over medium-high heat with **oil**. Cook for 5 minutes, tossing until golden. Season with **salt and pepper**.



### 6. FINISH AND SERVE

Serve fish with potatoes, salad and caper butter at the table (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](mailto:hello@dinnertwist.com.au)

