




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.



S4 Tarragon Fish with Caper Butter

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

 25 minutes

 4 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
	29g	13g	51g

FROM YOUR BOX

BABY POTATOES	800g
TOMATOES	2
GREEN CAPSICUM	1
SNOW PEAS	1 bag (150g)
BASIL	1 packet (10g)
WHITE FISH FILLETS	2 packets
CAPERS	1 jar

FROM YOUR PANTRY

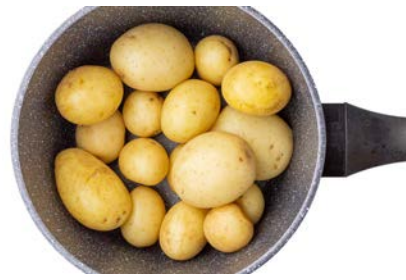
oil for cooking, salt, pepper, butter, dried tarragon

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 **60g 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 tomatoes 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 **2 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

