

# MARLEY SPOON



## Steamed Fish

with Green Aioli and Roasted Veggies



30-40min



2 Portions

Steaming fish is a great way of getting all its flavour without adding any oil or butter, plus it's less washing up and doesn't create any fishy cooking odours in the kitchen! Finally, if you're trying to cut the gluten from your diet, this dish is perfect for you.



## What we send

- washed potatoes
- aioli <sup>3,7</sup>
- parsley, dill
- capers
- zucchini
- hake <sup>4</sup>
- lemon

## What you'll require

- olive oil
- salt and pepper

## Utensils

- baking paper
- foil
- grater
- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Egg (3), Fish (4), Milk (7). May contain traces of other allergens.

## Nutrition per serving

Energy 650.0kcal, Fat 35.8g, Proteins 38.0g, Carbs 38.1g



**1. Roast potatoes**

Preheat oven to 200C. Cut the **potatoes** into thin wedges and drizzle over 1 tbs **oil**, season with **salt and pepper** and toss to coat. Place the potatoes on an oven tray lined with baking paper. Roast for 15 mins or until almost tender. Zest the **lemon**. Cut half of the lemon into slices.



**4. Prepare ingredients**

Finely chop the **capers**. Pick the **dill** sprigs and **parsley** leaves (discard stems) and finely chop. Juice the remaining **lemon** half into a medium bowl (you need 1 tbs).



**2. Steam fish**

Meanwhile, layer a large piece of baking paper over a sheet of foil (large enough to wrap fish). Place fish on baking paper and season. Top fillets with **lemon slices** and wrap to make a tight-fitting package. Place on second oven tray and roast for 12-15 mins until cooked through and opaque. Carefully open foil (beware of steam) to slightly cool.



**5. Make green aioli**

Add the **lemon zest, aioli, capers** and **half of the chopped herbs** to the 1 tbs **lemon juice**. Stir to combine and season with **salt and pepper**. Once the **fish** has been removed from the oven, increase heat to 250C and roast for 5 mins or until vegetables are lightly golden.



**3. Roast zucchini**

Cut **zucchini** into long wedges. Add to **roasted potatoes**. Drizzle with 1 tbs **oil** and season with **salt**. Roast for a further 10 mins or until tender and golden brown.



**6. Get ready to serve**

Toss the remaining **herbs** through the **potatoes** and **zucchini**. Serve with the **fish, lemon slices** and a dollop of **green aioli**.