

MARLEY SPOON



Grilled Lemon Fish

with Parsley and Garlic Butter



20-30min



2 Portions

Even in the cooler months, we can all appreciate a good fish and chips feed. This time, we've opted for a healthier version (don't worry, we haven't forgone flavour!) and grilled the fish with slices of lemon to give it that zingy, citrusy twist, accompanied by garlic butter lathered potatoes and a warm green winter salad. We'll forgive you for thinking it's summertime again already!

What we send

- baby chat potatoes
- grenadier fillets
- 1 garlic clove and parsley
- zucchini
- lemon
- baby spinach leaves
- onion
- capers

What you'll require

- butter⁷
- olive oil
- sea salt and pepper

Utensils

- baking paper
- foil
- medium frypan
- medium saucepan
- oven tray
- paper towel
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 530.0kcal, Fat 22.3g, Proteins 37.2g, Carbs 38.8g



1. Make garlic butter

Coarsely grate the **butter** into a bowl. Finely chop the **garlic**. Drain, rinse and dry the **capers**, then finely chop. Pick the **parsley** leaves and finely chop, discarding stems. Using a spoon, gradually work the **garlic, capers** and **parsley** into the **butter** until smooth. Roll up in baking paper twisting the ends to form a small log. Set aside in fridge.



4. Cook vegetables

Preheat the oven-grill to high. Heat the **olive oil** in a medium frypan over medium heat. Cook the **onion** stirring for 5 mins or until softened. Add the **zucchini** and cook, stirring, for 2 mins, then stir in the **baby spinach** and cook for a further 2 mins or until wilted. Stir in the **lemon juice** and season to taste with **salt and pepper**. Set aside and keep warm.



2. Prepare ingredients

Finely chop the **onion(s)**. Trim and quarter the **zucchini** lengthwise, then thickly slice. Thinly slice **half the lemon** and juice the **remaining lemon**.



5. Grill fish

Line an oven tray with foil. Season the **fish** with **salt and pepper** and place on the lined tray. Top each fish fillet with **lemon slices**, then grill for 5 mins or until the fish is almost cooked through.



3. Cook potatoes

Cut any larger **potatoes** in half. Put the **potatoes** in a medium saucepan and cover with cold water. Season with **salt** and bring to the boil. Cook, covered, for 10-12 mins until tender. Drain and return to the pan with **one-third of the garlic butter** and season with **salt**. Cover to keep warm.



6. Get ready to serve

Unroll the **remaining garlic butter** from the baking paper and thinly slice into rounds. Place a round of **garlic butter** on the lemon slices, then return fish to the grill and cook for 1-2 mins until butter starts to melt. Divide the fish, zucchini mixture and the potatoes among plates to serve.