



## Coconut-Crusted Fish

with Pea and Herb Potatoes



20-30min



2 Portions

Simply combine shredded coconut and panko breadcrumbs for this moreish, crispy-crunchy coating for soft white fish. Then, while it's baking, toss boiled potatoes and sweet potatoes with fresh herbs, tangy capers and butter, and voila, pub-style market-fresh fish of the day.

## What we send

- lemons
- white fish fillets <sup>4</sup>
- sweet potato
- potato
- parsley, chives, garlic
- green peas
- capers
- panko breadcrumbs <sup>1</sup>
- shredded coconut <sup>17</sup>

## What you'll require

- butter <sup>7</sup>
- egg <sup>3</sup>
- sea salt and pepper

## Utensils

- baking paper
- medium saucepan
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Gluten (1), Egg (3), Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens.

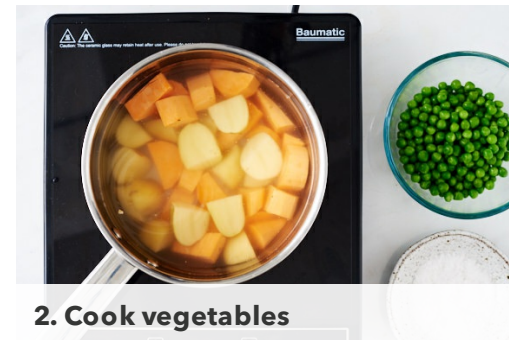
## Nutrition per serving

Energy 755kcal, Fat 32.0g, Carbs 67.9g, Proteins 39.2g



### 1. Prepare vegetables

Preheat the oven to 200C. Line an oven tray with baking paper. Peel the **sweet potato** and cut into 2-3cm chunks. Quarter the **chat potatoes**.



### 2. Cook vegetables

Put the **potatoes** in a medium saucepan of salted water and bring to the boil. Reduce heat to medium and cook for 6-8 mins until the potatoes are just tender. Add the **peas** and cook for a further 1 min or until tender. Drain, return the vegetables to the pan and set aside until needed.



### 3. Prepare crumb mixture

Meanwhile, finely grate the zest of **half the lemon**. Finely chop or crush the **garlic**. Combine the lemon zest, garlic, **coconut, breadcrumbs** and **1 egg white** in a bowl.



### 4. Cook fish

Put the **fish**, skin-side down, on the lined tray and season with **salt and pepper**. Press the **crumb mixture** evenly on top of the fish. Bake for 8-10 mins until the fish is cooked through and the crumb is golden and crisp.



### 5. Chop herbs

While the fish is cooking, finely chop the **chives** and **parsley**, including the stems. Coarsely chop the **capers**. Juice **half the lemon** (reserve remainder for another use).



### 6. Get ready to serve

Put the **potato and peas** over low heat. Add **20g butter, lemon juice, capers** and **herbs** and stir until the butter has melted and the potatoes are warm. Season with **salt**. Divide the **fish and vegetable mixture** among plates and drizzle with the **lemon butter** to serve.