



Coconut-Crusted Fish

with Pea and Herb Potatoes



30-40min



4 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

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

What you'll require

- butter ⁷
- egg ³
- 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 745kcal, Fat 31.8g, Carbs 66.8g, Proteins 39.0g



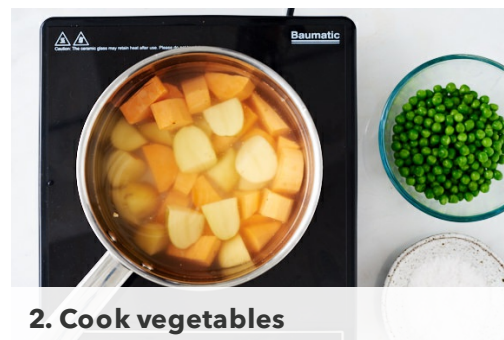
1. Prepare ingredients

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



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.



2. Cook vegetables

Put the **potatoes** in a large 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.



5. Chop herbs

While the fish is cooking, finely chop the **chives** and **parsley**, including the stems. Coarsely chop the **capers**. Juice the **lemon**.



3. Prepare crumb mixture

Meanwhile, finely grate the **lemon** zest. Finely chop or crush the **garlic**. Combine the lemon zest, garlic, **coconut**, **breadcrumbs** and **2 egg whites** in a bowl.



6. Get ready to serve

Put the **potato and peas** over low heat. Add **40g 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.