



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: CAPSICUM

Capsicum is an excellent source of vitamin C which is needed for growth and repair of tissues in all parts of your body.



1. GRILLED FISH

WITH FRESH SALSA

 25 Minutes

 4 Servings

Grilled white fish fillets seasoned with fennel seeds for a boost of flavour! Served with roasted sweet potato and a fresh avocado salsa.

FROM YOUR BOX

SWEET POTATOES	800g
CHERRY TOMATOES	1 packet (200g)
GREEN CAPSICUM	1
CONTINENTAL CUCUMBER	1/2 *
AVOCADO	1
CHIVES	1/3 bunch *
WHITE FISH FILLETS	2 packets
LEMON	1/2 *

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil/butter for cooking, salt, pepper, fennel seeds (see notes), white or red wine vinegar

KEY UTENSILS

oven tray, frypan

NOTES

If you don't have fennel seeds, you can use cumin seeds or dried oregano instead!

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. ROAST THE SWEET POTATOES

Set oven to 220°C.

Halve sweet potatoes and arrange on a lined oven tray. Toss with **1 tsp fennel seeds, oil, salt and pepper**. Roast for 20-25 minutes or until tender.



2. PREPARE THE SALSA

In the meantime, quarter cherry tomatoes. Dice capsicum, cucumber and avocado. Toss together in a bowl with chopped chives, **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper**.



3. COOK THE FISH

Heat a frypan with oil/butter over medium-high heat. Season fish fillets with **1 tsp fennel seeds, salt and pepper**. Add to pan and cook for 3-4 minutes on each side or until cooked through.



4. FINISH AND SERVE

Wedge 1/2 lemon.

Serve fish fillets with roasted sweet potatoes, fresh salsa and lemon wedges.

How did the cooking go? We'd love to know - help us by sharing your thoughts!

Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

