



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: YOGHURT

Natural yoghurt contains good bacteria, known as "Probiotics", which can aid digestion and support a healthy digestive tract!



# 1. TURMERIC FISH

## WITH SPICED POTATOES & MINT DRESSING

 35 Minutes

 4 Servings

All the flavours of an Indian summer! Golden flakey fillets of fish with cumin roast potatoes, ribboned salad and a cool mint yoghurt dressing.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
33g	13g	36g

17 February 2020

## FROM YOUR BOX

BABY POTATOES	800g
MINT	1/2 bunch *
NATURAL YOGHURT	1 tub (200g)
CONTINENTAL CUCUMBER	1
CARROTS	2
SNOW PEA SPROUTS	1/2 punnet *
WHITE FISH FILLETS	2 packets

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking), salt, pepper, ground turmeric, cumin seeds (or ground cumin)

## KEY UTENSILS

oven tray, stick mixer or blender, frypan

## NOTES

Spring onions, chives or fresh coriander also go well in the dressing. If you have any in the garden, roughly chop and blend together with the mint and yoghurt. Try adding some garlic for a little extra kick!

**No fish option - white fish fillets are replaced with chicken schnitzels.** Cook in pan for 4-5 minutes each side until cooked through.



### 1. ROAST THE POTATOES

Set oven to 220°C. Halve potatoes and toss on a lined oven tray with **2 tsp cumin seeds, 1 tbsp oil, salt and pepper.** Roast in oven for 25 minutes until golden and cooked through.



### 4. COOK THE FISH

Heat a frypan over medium-high heat with **1 tbsp oil.** Coat fish fillets with **1 tsp turmeric, salt and pepper.** Cook in pan for 3-4 minutes each side or until cooked through.



### 2. MAKE THE DRESSING

Roughly chop mint leaves. Blend with yoghurt using a stick mixer or blender. Season to taste with **salt and pepper** (see notes).



### 3. PREPARE THE SALAD

Ribbon the cucumber and carrots using a vegetable peeler. Arrange on a platter with snow pea sprouts.



### 5. FINISH AND PLATE

Divide potatoes, salad and fish among plates. Serve with mint dressing.