



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: ROSEMARY

The smell of rosemary is often associated with good food and good times. It could just as easily be associated with good health, containing substances that may stimulate the immune system, increase circulation and improve digestion.



2. ROSEMARY FISH SKEWERS

WITH SWEET POTATO CHIPS

 30 Minutes

 2 Servings

White fish skewers cooked with rosemary and finished with lemon, served with golden sweet potato chips and a rocket salad.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
33g	26g	40g

2 March 2020

FROM YOUR BOX

SWEET POTATOES	400g
CHIVES	1/2 bunch *
PEAR	1
ROCKET LEAVES	1 bag (60g)
ALFALFA SPROUTS	1/3 punnet *
SUNFLOWER SEEDS	1/2 packet (20g) *
ROSEMARY	1 sprig
WHITE FISH FILLETS	1 packet
LEMON	1/2 *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, white wine vinegar, skewers (optional)

KEY UTENSILS

oven tray, frypan

NOTES

If you have thin fish fillets you can fold them over when threading them onto the skewers.

No fish option - white fish fillets are replaced with chicken breast fillets. Dice and thread onto skewers.



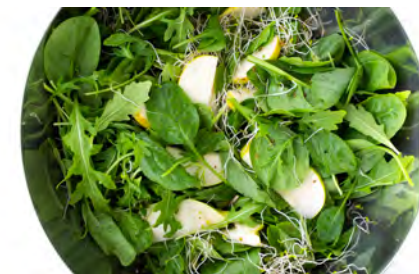
1. COOK THE SWEET POTATOES

Set oven to 220°C.
Cut sweet potatoes into chips and toss with **oil, salt and pepper** on a lined oven tray. Roast in oven for 20-25 minutes until cooked through.



2. PREPARE THE DRESSING

Whisk together **1 tbsp vinegar, 2 tbsp olive oil, salt and pepper**. Finely slice and add chives.



3. PREPARE THE SALAD

Slice pear. Toss with leaves, alfalfa sprouts and sunflowers seeds. Set aside with dressing.



4. PREPARE THE FISH SKEWERS

Chop rosemary leaves to yield 1 tsp. Dice fish fillets (see notes) and coat with rosemary, **oil, salt and pepper**. Thread onto skewers (if using).



5. COOK THE FISH SKEWERS

Heat a frypan over medium-high heat with **oil**. Cook skewers for 6-8 minutes, turning, or until cooked through.



6. FINISH AND PLATE

Toss salad with dressing and divide among plates with fish skewers and sweet potato chips. Serve with a lemon wedge.