



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Lemon


Thanks to its anti-bacterial properties, lemon juice mixed with hot water is a great remedy for a sore throat!



## A2 Cornflake Crumbed Fish & Chips

Cornflake crumbed fish fillets cooked in the pan until crisp and crunchy, served with golden potato wedges and fresh creamy coleslaw.

 25 minutes

 2 servings

 Fish

June 24 2022

## Switch it up!

*You can cut the fish fillets into fish fingers if preferred! For a fun alternative, you can make fish burgers! Add some capers or gherkins to the aioli to create a tartare sauce.*

## FROM YOUR BOX

MEDIUM POTATOES	400g
GREEN APPLE	1
COLESLAW	1 bag (250g)
LEMON	1
AIOLI	50g
CORNFLAKES	1 packet (50g)
WHITE FISH FILLETS	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

## KEY UTENSILS

large frypan, oven tray

## NOTES

If your oven doesn't reach 250°C you can roast the potatoes at 220°C instead. Increase the cook time to 25 minutes until the chips are golden.

You can use a small food processor to crush the cornflakes into a finer crumb if preferred.



### 1. ROAST THE POTATOES

Set oven to 250°C (see notes).

Cut potatoes into wedges. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20 minutes or until golden and cooked through.



### 2. PREPARE THE COLESLAW

Slice apple and toss with coleslaw.

Zest lemon to yield 1/2 tsp and set aside (for fish). Stir 1/2 tbsp lemon juice (wedge remaining) and aioli through coleslaw until combined. Season with **salt and pepper**.



### 3. CRUMB THE FISH

Crush cornflakes in the packet until it resembles a crumb (see notes). Spread on a plate.

Rinse fish and pat dry. Coat with lemon zest, **1/2 tsp thyme, oil, salt and pepper**. Press into crumbs until coated.



### 4. COOK THE FISH

Heat a frypan over medium-high heat and cover base with **oil**. Cook fish for 4-5 minutes each side until golden and cooked through.



### 5. FINISH AND SERVE

Serve fish with chips, coleslaw and lemon wedges.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

