



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Sweet Potato

Sweet potatoes retain most of their nutrients after they have been cooked. You don't need to limit them to savoury dishes as they are naturally sweet, and can easily be added to muffins, brownies or cakes!



A2 Tarragon Fish and Chips

A healthy twist on the favourite fish and chips! Sweet potato chips, cooked in the oven until golden, served alongside pan cooked fish and fresh salad.

 25 minutes

 2 servings

 Fish

18 March 2022

Spruce it up!

You can add a spice such as ground cumin or coriander to the sweet potato chips for some added flavour. Coat the fish with breadcrumbs or cornflakes if preferred.

FROM YOUR BOX

SWEET POTATOES	400g
BABY COS	1
LEBANESE CUCUMBER	1
TOMATO	1
WHITE FISH FILLETS	1 packet
MAYONNAISE DIPPING SAUCE	1 packet

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, dried tarragon

KEY UTENSILS

frypan, oven tray

NOTES

You can dress the salad with your favourite vinaigrette. To make a simple one you can whisk together 1/2 tbsp vinegar or lemon juice with 1/2 tbsp olive oil.

Dill & Parsley Mayonnaise ingredients: Canola oil (Non-GM), water, egg, mustard, honey, white vinegar, fresh dill (1.5%), fresh parsley (1.5%), salt, lemon juice



1. ROAST THE POTATOES

Set the oven to 220°C.

Cut sweet potatoes into chips and toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20 minutes until cooked through.



2. PREPARE THE SALAD

Tear and rinse lettuce leaves. Slice cucumber and wedge tomato. Toss in a salad bowl (see notes).



3. COOK THE FISH

Heat a frypan with **1/2 tbsp butter** and **1 tsp oil** over medium-high heat. Coat fish with **1/2-1 tsp dried tarragon, salt and pepper**. Cook in pan for 3-4 minutes each side or until cooked through.



4. FINISH AND SERVE

Serve sweet potato chips, salad and fish on plates with dipping sauce.

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**

