



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!



A4 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

 4 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	800g
GREEN APPLE	1
COLESLAW	1 bag (500g)
LEMON	1
AIOLI	100g
CORNFLAKES	1 packet (100g)
WHITE FISH FILLETS	2 packets

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 and set aside (for fish). Stir 1/2 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 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 (in batches if needed) 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**

