



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Sweet Potato

Sweet potato isn't just for use in savoury dishes, due to its natural sweetness you can add it to muffins, brownies or cakes!



A4 Romesco Fish with Sweet Potato Mash

Smooth sweet potato mash with sautéed garlic Brussels sprouts and green beans served with pan-cooked fish fillets and a roasted red pepper Romesco sauce.

 20 minutes

 4 servings

 Fish

19 August 2022

Flavour the mash!

You can stir some parmesan cheese, sliced fresh basil or chives through the mash to jazz it up!

FROM YOUR BOX

SWEET POTATOES	800g
WHOLE ROASTED PEPPERS	1 jar
RAW ALMONDS	1 packet (40g)
GREEN BEANS	1 bag (250g)
BRUSSELS SPROUTS	200g
WHITE FISH FILLETS	2 packets

FROM YOUR PANTRY

oil for cooking, butter, olive oil, salt, pepper, 1 garlic clove, vinegar (of choice), dried rosemary

KEY UTENSILS

saucepan, stick mixer or blender, frypan

NOTES

You can peel the sweet potatoes for a smoother mash if preferred.

We used red wine vinegar for the sauce.



1. COOK THE SWEET POTATOES

Dice sweet potatoes (see notes). Place in a saucepan and cover with water. Bring to the boil and simmer for 10–12 minutes or until tender (see step 5).



2. MAKE THE ROMESCO SAUCE

Drain and slice roasted peppers. Chop almonds and **1/2 garlic clove**. Blend all with **1 tbsp vinegar** (see notes) and **2 tbsp olive oil**, using a stick mixer, until smooth. Season with **salt and pepper**.



3. SAUTÉ THE GREENS

Trim and halve green beans and Brussels sprouts. Heat a frypan over medium–high heat with **olive oil**. Add vegetables and **1/2 crushed garlic clove**. Cook for 5 minutes until tender. Season with **salt and pepper**. Remove to a plate and keep warm.



4. COOK THE FISH

Coat fish with **1 tsp dried rosemary, oil, salt and pepper**. Reheat pan over medium–high heat. Cook fish for 3–4 minutes each side or until cooked through.



5. MASH THE SWEET POTATOES

Reserve **1/3 cup cooking water** before draining potatoes. Return potatoes to saucepan. Mash with reserved water and **1 tbsp butter**, and season well with **salt and pepper**.



6. FINISH AND SERVE

Divide fish, sweet potato mash and greens among plates. Serve with Romesco sauce to taste.

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

