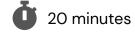




# Romesco Fish

# 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.





4 servings



Fish

# 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



