**PRODUCT SPOTLIGHT:
SWEET POTATOES**

The skin on sweet potatoes is edible — and it's really good for you, as it's rich in potassium and fibre. Just make sure to give the potatoes a good clean before cooking, and you're good to go.

1. CRUNCHY FISH

WITH SWEET CURRY SAUCE

Tender sweet potato wedges and crunchy crumbed fish served with an I-can't-get-enough sweet curry sauce.

⏳ **30 Minutes**   🍽 **4 Servings**

1 June 2020

FROM YOUR BOX

SWEET POTATOES	800g
SHALLOT	1
CARROT	1
GARLIC CLOVE	1
CORNFLAKES (GF)	1 packet (100g)
WHITE FISH FILLETS	2 packets
GEM LETTUCE	2 *
LEBANESE CUCUMBER	1
RED APPLE	1

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil (for cooking), salt, pepper, curry powder, flour (rice or corn), 1 stock cube (we used chicken), honey, vinegar (of choice)

KEY UTENSILS

oven tray, small saucepan, frypan

NOTES

Curry powders differ in flavour and spiciness, so start with a smaller amount if you're worried about the sauce being too spicy. Increase to taste.

Blend the sauce with a stick mixer for a smooth result.

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.

1. ROAST THE POTATOES

Set oven to 220ºC.

Wedge sweet potatoes and toss on a lined oven tray with **oil, salt and pepper.** Roast for 20 minutes or until golden and tender.

2. START THE SAUCE

Heat a saucepan with **oil** over medium heat. Slice shallot, grate carrot and crush garlic, adding to pan as you go. Cook for 3 minutes.

3. SIMMER THE SAUCE

Add **2-3 tsp curry powder** (see notes), **2 tsp honey, 1 tbsp flour and 1 crumbled stock cube** to saucepan. Whisk in **2 cups water** and simmer, uncovered, for 10 minutes. Season with **salt and pepper.**

4. CRUMB AND COOK THE FISH

Crush cornflakes on a plate or piece of baking paper using your hands. Coat fish in **oil, salt and pepper**, then press into cornflakes.

Heat a frypan with **oil** over medium-high heat. Add fish and cook for 3-4 minutes each side until golden (cook in batches if necessary).

5. MAKE THE SALAD

Wash and wedge the lettuce. Slice cucumber and apple. Arrange on a serving plate, then dress with **olive oil and vinegar** (optional).

6. FINISH AND PLATE

Serve crispy fish with wedges, salad and sauce on the side.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.