



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: WATERCRESS

Watercress is a real powerhouse of nutrients and is classed a superfood. Vitamin K is by far the most prominent nutrient which can help building strong bones and assist with blood clotting.



# 1. CURRY SPICED FISH

## WITH LEMON GREENS

 30 Minutes

 4 Servings

Lightly battered fish with golden sweet potato chips and crisp green salad, served with creamy tartare sauce.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
32g	41g	23g

27 April 2020

## FROM YOUR BOX

SWEET POTATOES	800g
SUGAR SNAP PEAS	1/2 bag (125g) *
LEBANESE CUCUMBER	1
WATERCRESS	100g
LEMON	1/2 *
FREE RANGE EGGS	2
WHITE FISH FILLETS	2 packets
TARTARE SAUCE	200g

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, curry powder (or ground turmeric), flour (of choice)

## KEY UTENSILS

oven tray, frypan

## NOTES

For a crunchy finish you can coat the fillets with bread crumbs or crushed cornflakes after the egg wash.

**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 SWEET POTATOES

Set oven to 220°C. Cut sweet potatoes into chips or wedges. Toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20-25 minutes or until cooked through.



### 4. PREPARE THE FISH

Whisk together 2 eggs, **1 tbsp flour, 1/2 tbsp curry powder, salt and pepper**. Add fish fillets and toss to coat.



### 2. PREPARE THE SALAD

Trim and halve sugar snap peas. Slice cucumber and roughly slice watercress.



### 5. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Cook fish for 3-4 minutes each side or until cooked through.



### 3. PREPARE THE DRESSING

Whisk together lemon juice with **2 tbsp olive oil**. Season to taste with **salt and pepper**. Set aside.



### 6. FINISH AND PLATE

Toss salad and dressing. Serve with sweet potato chips, fish and tartare sauce.