



Product Spotlight: Cabbage

Cabbage belongs to the cruciferous vegetable family, related to kale, broccoli and Brussels sprouts. Cabbage provides a good source of antioxidants!



Crunchy Fish Tacos

with Sweet Potato Wedges

Pan-fried white fish fillets served on the perfect platter with fresh vegetables, chive yoghurt sauce, crunchy taco shells and a side of roasted sweet potato wedges!



30 minutes



2 servings



Fish

Crumb it!

Season fish fillets and coat them with panko crumbs, bread crumbs, quinoa flakes or lupin flakes. Pan-fry for crispy, crumbed fish!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	17g	49g

FROM YOUR BOX

SWEET POTATOES	400g
CARROT	1
RED CABBAGE	1/4
CHIVES	1 bunch
NATURAL YOGHURT	1 tub
WHITE FISH FILLETS	1 packet
TACO SHELLS	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, smoked paprika, apple cider vinegar

KEY UTENSILS

frypan, oven tray

NOTES

Grate the carrot. Toss with sliced cabbage and yoghurt sauce for creamy coleslaw.

Omit chives from yoghurt sauce for picky eaters. Serve sliced chives on the platter and add to tacos as desired.

Use taco shells to taste. Store leftover shells in an airtight container to use at a later date.



1. ROAST THE WEDGES

Set oven to 220°C.

Wedge **sweet potatoes**. Toss on a lined oven tray with **oil**, **1 1/2 tsp cumin**, **salt and pepper**. Roast for 25 minutes until tender and golden.



4. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Coat **fish fillets** with **oil**, **1 tsp paprika**, **salt and pepper**. Add to frypan and cook for 2-4 minutes each side until cooked through.



2. PREPARE THE FILLINGS

Julienne or ribbon **carrot** (see notes) and add to a serving platter. Thinly slice **red cabbage**. Add to a bowl as you go along with **1 tbsp vinegar** and **1 tbsp olive oil**. Toss to combine.



3. MAKE THE YOGHURT SAUCE

Thinly slice **chives**. Add to a bowl as you go (see notes) along with **yoghurt**, **1 tsp water**, **salt and pepper**. Mix to combine.



5. WARM THE TACO SHELLS

Toast the **taco shells** (see notes) in the oven for 5 minutes until crispy.



6. FINISH AND SERVE

Serve **all elements** tableside for everyone to build their **tacos** with a side of **sweet potato wedges**.



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