



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!



Fish Cakes

with Sweet Potato Wedges

Light and zesty homemade fish cakes with lemon, dill and sweet corn, baked until golden. Served alongside roasted sweet potato wedges, fresh leaves and creamy aioli for a balanced, feel-good dinner.



40 minutes



2 servings



Fish

Switch it up!

Short on time? Simply season fish fillets with lemon zest and pan-fry until golden. Serve with corn cobbles, salad and wedges, garnished with dill.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	26g	32g

FROM YOUR BOX

SWEET POTATOES	400g
WHITE FISH FILLETS	1 packet
LEMON	1
DILL	1 packet
CORN COB	1
MESCLUN LEAVES	120g
AIOLI	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

2 oven trays, food processor

NOTES

For extra flavour, toss wedges with paprika, rosemary or dried oregano before roasting.

Pan-fry fish cakes if preferred.



1. ROAST THE WEDGES

Set oven to 220°C.

Wedge **sweet potatoes** and add to a lined oven tray. Toss with **oil, salt and pepper** (see notes). Roast for 25–30 minutes, or until tender and golden.



4. PREPARE MESCLUN LEAVES

Add **mesclun leaves** to a bowl along with **1 tsp olive oil** and juice from 1/2 lemon. Toss to combine.

Wedge remaining lemon. Set aside with **aioli**.



2. PREPARE THE FISH CAKES

Rinse and roughly chop **fish fillets**. Add to food processor with **1 tbsp olive oil**. Blend until finely minced. Transfer to a bowl and mix with **lemon zest**, finely chopped **dill** and **corn kernels** to taste (cut from cob). Season well with **salt** and **pepper**, then stir until evenly combined.



5. FINISH AND SERVE

Divide wedges, fish cakes and mesclun among plates. Serve with aioli and lemon wedges.



3. BAKE THE FISH CAKES

Add 1/4 cupfuls of fish cake mixture on to a lined oven tray. Drizzle with **oil** and bake for 15–20 minutes until golden and cooked through (see notes).



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