

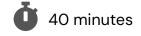




## Fish Cakes

### 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.





2 servings



Fish

# Switch it up!

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

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

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.



#### 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.



#### 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).





#### **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.



#### 5. FINISH AND SERVE

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



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