



## Parmesan Crusted Fish with Sweet Potato Chips

Oven baked fish with a crunchy panko and parmesan crust served with sweet potato chips and aioli dipping sauce.



25 minutes



2 servings



Fish

### Product Spotlight: Parmesan

Parmesan is a delicious, nutty, sweet, and salty hard cheese that works well with the crumb in this dish.



### Switch it up!

*You can make fish fingers instead!  
Cut the fish fillets into fingers and coat  
with the crumb mixture, and pan-fry  
until golden and cooked through!*

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES  
33g 28g 36g

## FROM YOUR BOX

SWEET POTATOES	400g
BABY COS LETTUCE	1
TOMATO	1
LEBANESE CUCUMBER	1
PARMESAN CHEESE	1 packet
PANKO CRUMBS	20g
WHITE FISH FILLETS	1 packet
AIOLI	100g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano

## KEY UTENSILS

2 oven trays

## NOTES

Toss the parmesan through the salad or sprinkle it over the chips for the last 5 minutes of cooking time if preferred.

No gluten option – panko crumbs are replaced with almond meal.



### 1. ROAST THE SWEET POTATO

Set oven to 220°C.

Cut **sweet potatoes** into chips and toss on a lined oven tray with **oil, salt and pepper**. Roast for 25–30 minutes until golden and cooked through.



### 2. PREPARE THE SALAD

Tear and rinse **lettuce leaves**. Slice **tomato** and **cucumber**. Set aside.



### 3. PREPARE THE CRUMB

Combine **1/2 tsp oregano**, **1/2 cup parmesan cheese**, **panko crumbs** and **1 tbsp olive oil** in a bowl.



### 4. BAKE THE FISH

Place **fish fillets** on a lined oven tray. Season with **salt and pepper**. Press even amounts of **crumb** on top of fillets. Bake in oven for 8–10 minutes or until golden and cooked through.



### 5. PREPARE THE SAUCE

Combine **1/4 cup parmesan cheese** with **aioli** to make a dipping sauce (see notes).

### 6. FINISH AND SERVE

Serve crusted **fish** with **sweet potato chips**, **salad** and **dipping sauce**.



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