



### 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



4/6 servings



Fish

## Crumb it!

*Season fish fillets and coat them with panko crumbs, bread crumbs, quinoa flakes or lupin flakes.*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 32g     | 16g       | 53g           |

## FROM YOUR BOX

|                    | 4 PERSON  | 6 PERSON  |
|--------------------|-----------|-----------|
| SWEET POTATOES     | 800g      | 1.2kg     |
| CARROT             | 1         | 2         |
| RED CABBAGE        | 1/4       | 1/2       |
| CHIVES             | 1 bunch   | 1 bunch   |
| NATURAL YOGHURT    | 1 tub     | 2 tubs    |
| WHITE FISH FILLETS | 2 packets | 3 packets |
| TACO SHELLS        | 1 packet  | 2 packets |

## 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.



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## 1. ROAST THE WEDGES

Set oven to 220°C.

Wedge **sweet potatoes**. Toss on a lined oven tray with **oil**, **3 tsp cumin**, **salt and pepper**. Roast for 25 minutes until tender and golden.

6P – use 1 tbsp cumin for the sweet potatoes.



## 4. COOK THE FISH

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

6P – use 3 tsp smoked paprika for the fish.



## 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.

6P – use 2 tbsp vinegar and 2 tbsp olive oil.



## 5. WARM THE TACO SHELLS

Toast the **taco shells** in oven for 5 minutes until crispy.



## 3. MAKE THE YOGHURT SAUCE

Thinly slice **chives**. Add to a bowl as you go (see notes) along with **yoghurt**, **2 tsp water**, **salt and pepper**. Mix to combine.



## 6. FINISH AND SERVE

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

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0448 042 515** or send an email to **hello@dinnertwist.com.au**

