





## **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!





4/6 servings Fish



# Crumb it!

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

#### 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

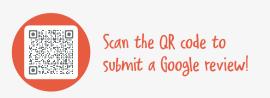
#### **KEY UTENSILS**

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.





#### 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.



#### 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.



#### 5. WARM THE TACO SHELLS

Toast the **taco shells** in 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.

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



