



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 tartare sauce for a balanced, feel-good dinner.



35 minutes



4/6 servings



Fish

Switch it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	25g/18g	35g/42g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
WHITE FISH FILLETS	2 packets	3 packets
LEMON	1	2
DILL	1 packet	2 packets
CORN COB	1	2
MESCLUN LEAVES	1 bag	1 bag
TARTARE SAUCE	2 packets	2 packets

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

oven tray, food processor, frypan

NOTES

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

You can bake the fish cakes in the oven if preferred. Add the fish cakes to a lined oven tray and drizzle with oil. Bake for 12-15 minutes until cooked through.



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 **2 tbsp olive oil**. Blend until finely minced. Transfer to a bowl and mix with **lemon zest**, finely chopped **dill** and **corn kernels** (cut from cob). Season well with **salt and pepper**, then stir until evenly combined.

6P - add chopped fish fillets to food processor with 3 tbsp olive oil.



3. COOK THE FISH CAKES

Shape 1/4 cupfuls of **fish mixture** using oiled hands to form **patties**. Heat a frypan over medium-high heat with **oil** (see notes). Cook **fish cakes** (in batches if needed) for 3-4 minutes each side until golden and cooked through.



4. PREPARE MESCLUN LEAVES

Add **mesclun leaves** to a bowl along with **2 tsp olive oil** and **juice from 1/2 lemon**. Toss to combine. Wedge **remaining lemon**. Set aside with **tartare sauce**.

6P - wedge remaining 1 1/2 lemons.



5. FINISH AND SERVE

Divide **wedges, fish cakes** and **mesclun** among plates. Serve with **tartare sauce** and **lemon wedges**.



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