



Product Spotlight: Parmesan

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



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

 4/6 servings

 Fish

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	29g	37g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
BABY COS LETTUCE	1	2-pack
TOMATOES	2	3
LEBANESE CUCUMBER	1	2
PARMESAN CHEESE	1 packet	1 packet
PANKO CRUMBS	40g	40g + 20g
WHITE FISH FILLETS	2 packets	3 packets
AIOLI	100g	2 x 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.



Scan the QR code to submit a Google review!



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.



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.



2. PREPARE THE SALAD

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



3. PREPARE THE CRUMB

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

6P – Combine **2 tsp oregano**, **3/4 packet parmesan cheese**, **panko crumbs** and **3 tbsp olive oil** in a bowl.



5. PREPARE THE SAUCE

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

6P – Combine **remaining parmesan cheese** with **aioli**.



6. FINISH AND SERVE

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

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**

