



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Sweet Potato


Sweet potatoes are a great source of beta-carotene, and vitamins A, B6, and C. They are full of manganese, calcium, potassium, iron and fibre. In other words, an excellent choice for healthy eating!




E4

Lemon Fish Fillets with Tomato Sorghum Risotto

White fish fillets coated in vibrant lemon zest served with a luscious tomato sorghum risotto and fresh watercress.

 30 minutes

 4 servings

 Fish

15 July 2022

Spice it up!

Garnish the risotto with dried chilli flakes or slices of fresh red chilli. You can also serve this dish with finely grated parmesan cheese or dot over some labneh.

Per serve: **PROTEIN** 44g **TOTAL FAT** 40g **CARBOHYDRATES** 4g

FROM YOUR BOX

BROWN ONION	1
ZUCCHINI	1
SWEET POTATO	1
SORGHUM	1 packet (200g)
TOMATO PASSATA	1 jar
LEMON	1
WHITE FISH FILLETS	2 packets
WATERCRESS	1 sleeve

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried tarragon, 1 stock cube

KEY UTENSILS

2 frypans

NOTES

Substitute dried tarragon with dried or fresh rosemary, thyme or oregano.



1. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Dice onion. Add to pan along with **2 tsp tarragon** (see notes). Sauté for 3-4 minutes until onion starts to soften.



2. ADD THE VEGETABLES

Dice zucchini. Add to pan and cook for 3 minutes until browning begins. Meanwhile, dice sweet potato and add to pan once zucchini begins to brown.



3. SIMMER THE RISOTTO

Add sorghum and tomato passata to the pan along with **1 jar water**. Crumble in **stock cube**, stir to combine. Simmer, covered, stirring occasionally, for 20-25 minutes until sorghum is tender.



4. COOK THE FISH

Heat a second frypan over medium-high heat. Zest lemon and wedge remaining (set aside). Coat fish in **oil**, lemon zest, **salt and pepper**. Cook for 2-4 minutes each side until fish is cooked through.



5. FINISH AND SERVE

Season risotto to taste with **salt and pepper**.

Divide risotto among shallow bowls. Top with fish fillets and watercress. Serve with lemon 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 **0481 072 599** or send an email to hello@dinnertwist.com.au

