



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Apples

Apples contain 25% air, this means they float in water and you can play apple bobs with them!



1 Crispy Wedges with Golden Pan Fried Fish

Quick and simple pan fried fish with golden baked, rosemary wedges, salad and herbed mayonnaise.

 30 minutes

 2 servings

 Fish

3 September 2021

Mix it up!

Grab some rolls and make fish burgers. Slice or mash avocado and layer in rolls with apple, tomatoes, lettuce and fish. Finish with a dollop of herb mayonnaise.

FROM YOUR BOX

MEDIUM POTATOES	3
ROSEMARY	1 stalk
FESTIVAL LETTUCE	1/2 *
RED CAPSICUM	1/2 *
TOMATO	1
GREEN OLIVES	1/2 jar *
WHITE FISH FILLETS	1 packet
HERB MAYONNAISE	50g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, oil/butter for cooking, salt, pepper, flour (of choice), balsamic vinegar (optional)

KEY UTENSILS

oven tray, frypan

NOTES

You can skip dusting with flour if desired. The flour coating gives the fish a little more texture and crispness.

No fish option – white fish fillets are replaced with chicken schnitzels. Skip the flour dusting and increase cooking time to 4-5 minutes on each side or until cooked through.



1. COOK THE WEDGES

Set oven to 220°C.

Cut potatoes into wedges and toss on a lined oven tray with 1/2 tbsp chopped rosemary, **oil, salt and pepper**. Cook for 20-25 minutes or until crispy.



2. MAKE THE SALAD

Tear lettuce, roughly dice capsicum and tomato. Toss together with olives. Dress with **2 tsp olive oil and 1 tsp vinegar** (optional).



3. COOK THE FISH

Heat a frypan over medium high heat with **oil/butter**. Season fish with **salt and pepper**, dust with **1/2 tbsp flour** (see notes). Add to pan and cook for 3-4 minutes each side or until cooked through.



4. FINISH AND SERVE

Serve wedges and fish on plates with the salad. Add herb mayonnaise on the side to taste.

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**

