



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Sour Cream

Why is sour cream sour? Bacteria cultures (like those in yoghurt) ferment the carbohydrates (sugars) in cream. This produces lactic acid, which gives sour cream its distinct flavour!



1 Crunchy Fish and Chips with Coleslaw

This family favourite features panko-crumbed white fish fillets served with baked potato wedges, coleslaw and a minty, lemony dipping sauce.



30 minutes



2 servings



Fish

8 February 2021

Fish fingers

For even more bite-sized joy, you can make crunchy fish fingers. Simply slice the fish fillets lengthwise into 3–4 pieces before crumbing and frying. Alternatively, you can bake these fish fingers for around 10 minutes below the potatoes, or until cooked through and crispy.

FROM YOUR BOX

POTATOES	400g
MINT	1/2 bunch *
LEMON	1
SOUR CREAM	1/2 tub (100g) *
GREEN APPLE	1
COLESLAW	1 bag (200g)
WHITE FISH FILLETS	1 packet
PANKO BREADCRUMBS	1 packet (50g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, paprika (smoked or plain)

KEY UTENSILS

large frypan, oven tray

NOTES

If you have any remaining mint, you can toss it through the coleslaw. For a creamy finish, add mayonnaise or yoghurt to the coleslaw.

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4–5 minutes on each side or until cooked through.

No gluten option - panko crumbs are replaced with GF cornflakes. Crush before using.



1. COOK THE WEDGES

Set oven to 220°C.

Wedge potatoes and toss on a lined oven tray with **oil, 1 tsp paprika, salt and pepper**. Bake for 20–25 minutes until golden and crunchy.



2. MAKE THE DIPPING SAUCE

Chop mint to yield 1 tbsp and zest lemon to yield 1 tsp. Combine in a bowl with sour cream, 1/2 the lemon juice, **1 tbsp olive oil, salt and pepper**.



3. MAKE THE COLESLAW

Dice apple and add to a bowl with coleslaw, remaining lemon juice and **1 tbsp olive oil** (see notes). Mix together.



4. COOK THE FISH

Spread panko crumbs on a plate. Heat a frypan with **oil/butter** over medium-high heat. Rub fish with **oil, 1 tsp paprika, salt and pepper**. Press fish firmly into crumbs to coat, then place in frypan. Cook for 3–4 minutes each side (in batches if necessary) until crispy and cooked through.



5. FINISH AND PLATE

Serve fish with wedges, coleslaw and dipping sauce on the side.

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**

