



Product Spotlight: Polenta

Polenta is made from ground yellow corn, and is naturally gluten-free. It's a great, crunchy alternative to breadcrumbs, like panko, when crumbing fish, chicken or veal!



1 Fish and Chips With Crunchy Coleslaw

Crispy pan-fried white fish fillets served alongside baked potato chips, sweet & crunchy coleslaw and a tangy Greek yoghurt dipping sauce.

 30 minutes

 2 servings

 Fish

Baked, not fried

For a less hands-on approach, you can bake the fish instead of frying it. Crumb it in polenta as per recipe, then bake for 10 minutes or until cooked through.

FROM YOUR BOX

MEDIUM POTATOES	3
CARROT	1
PEAR	1
SPRING ONIONS	2
BABY WOMBOK	1/2 *
NATURAL YOGHURT	1 tub (200g)
PARSLEY	1/2 bunch *
WHITE FISH FILLETS	1 packet
POLENTA	1 packet (50g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil (for cooking), oil, salt, pepper (or lemon pepper for extra flavour)

KEY UTENSILS

frypan, oven tray

NOTES

For extra crunchy fish, beat an egg and dip fish into it before pressing into polenta.

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.



1. COOK THE CHIPS

Set oven to 220°C.

Cut potatoes into chips. Toss on a lined oven tray with **oil, salt and pepper**. Cook for 20-25 minutes until golden and crispy.



2. MAKE THE SLAW

Julienne or grate the carrot. Finely slice pear, spring onions and wombok. Toss together in a large bowl with 1/4 tub yoghurt and 1/2 **tbsp olive oil**. Season to taste with **salt and pepper**.



3. MAKE THE DIPPING SAUCE

Finely chop parsley and mix with remaining yoghurt, **1 tbsp olive oil, salt and pepper**.



4. COAT & COOK THE FISH

Coat the fish with **oil, salt and pepper**. Press into polenta (see notes). Heat a frypan with **oil** over medium-high heat. Cook fish for 3-4 minutes each side until golden and cooked through.



5. FINISH AND PLATE

Serve crispy polenta fish with chips, coleslaw 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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

