



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Purple Carrot

The purple colour of this carrot variety comes from anthocyanin. That's a type of antioxidants that protect your body from disease - so eat up!



## 1 Grilled Fish & Mini Wedges with Rainbow Salad

This dish is a colourful and healthy take on the classic fish & chips! Pan-fried fish, oven-baked baby potato wedges, and a rainbow salad featuring sweet orange, bright red cherry tomatoes, purple carrot and greens!

 30 minutes

 2 servings

 Fish

21 December 2020

*Keep it separate*

*Instead of making a mixed salad in step 3, you can keep all the veggies and orange separate. This may seem less scary for fussy eaters!*

## FROM YOUR BOX

BABY POTATOES	400g
GREEN BEANS	1/2 bag (75g) *
CHERRY TOMATOES	1/2 bag (100g) *
PURPLE CARROT	1
GEM LETTUCE	1
ORANGE	1
PARSLEY	1/2 bunch *
NATURAL YOGHURT	1/2 tub (100g) *
WHITE FISH FILLETS	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter (for cooking), salt, pepper, rosemary, honey

## KEY UTENSILS

large frypan, oven tray

## NOTES

If preferred, you can also cook the fish in the oven. Simply cover fish in a little oil, season with salt and pepper, and bake for 10-12 minutes or until cooked through.

**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. ROAST THE POTATOES

Set oven to 220°C.

Wedge potatoes. Place on a lined oven tray and toss with **oil, 1/2 tsp rosemary, salt and pepper**. Cook for 20-25 minutes until golden.



### 2. COOK THE BEANS

Heat a frypan with **2 tbsp water**. Trim and halve beans, add to pan and cook for 2-3 minutes until just tender. Drain and run under cold water. Keep pan.



### 3. PREPARE THE SALAD

Halve tomatoes, slice carrot, roughly chop lettuce. Zest orange and set aside. Peel and dice orange flesh. Add all, except the zest, to a bowl with cooled beans and toss together.



### 4. MAKE THE SAUCE

Chop parsley to yield 1 tbsp and add to a bowl with 1/2 tsp orange zest, yoghurt and **1/4 tsp honey**. Mix well and season with **salt and pepper**.



### 5. COOK THE FISH

Reheat frypan (see notes) with **oil/butter** over medium-high heat. Season fish with **salt and pepper**. Cook for 3-4 minutes each side or until cooked through.



### 6. FINISH AND PLATE

Serve fish and wedges accompanied by salad and 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**

