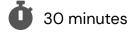


# **Herbie Fish**

# with Sweet Potato and Carrot Chips

Baked veggie chips, fresh white fish fillets, a fresh side salad and a homemade basil & chives dressing seconds, please!





2 servings



# Fish parcels

If you prefer, you can make baked fish parcels. Wrap fish fillets, sliced tomato, thin carrot sticks, sliced peas, and a little dressing in baking paper and bake in the oven for 10-15 minutes or until cooked through.



#### FROM YOUR BOX

SWEET POTATOES	400g
CARROT	1
CHIVES	1/2 bunch *
BASIL	1/2 packet (30g) *
ТОМАТО	1
BABY COS LETTUCE	1
SNOW PEAS	1/2 bag (75g) *
WHITE FISH FILLETS	1 packet

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, ground cumin, balsamic vinegar, garlic (1 clove)

#### **KEY UTENSILS**

large frypan, oven tray, stick blender or small food processor (see notes)

#### **NOTES**

If preferred, leave carrot fresh and add to salad.

If you don't have a stick mixer, use a mortar & pestle for the dressing, or simply chop the herbs finely before mixing with remaining ingredients.

For a creamy finish, add some mayonnaise to the sauce after blending it. Or, for a little heat, add 1/4 tsp crushed or ground chilli powder.

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 the sweet potatoes and carrot (see notes) into chips. Toss on a lined oven tray with 1/2 tsp cumin, oil, salt and pepper. Cook for 15–20 minutes.



# 2. MAKE THE DRESSING

Roughly chop chives, basil and garlic. Place into a jug with 3 tbsp olive oil, 1 tbsp vinegar, 1/2 tsp cumin and 1 tbsp water. Combine using a stick mixer and season to taste with salt and pepper (see notes).



#### 3. MAKE THE SALAD

Roughly chop tomato and lettuce, trim and slice snow peas. Toss together in a bowl.



# 4. COOK THE FISH

Heat a frypan over medium-high heat. Rub fish with **oil**, **salt and pepper**. Add to pan and cook for 3-4 minutes each side or until cooked through. Spoon over 2 tbsp of the sauce (optional).



## 5. FINISH AND PLATE

Serve fish with chips, salad and remaining sauce on the side.





