



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Tomatoes

Although tomatoes are fruits – nutritionally they look more like vegetables. They are low in calories and rich in a number of nutrients that are good for your health.



1 Mexican Tray Bake with Guacamole

Sweet potato, corn and fish all on the one tray, easy and tasty. Mild Mexican flavours accompanied by chunky guacamole.

 30 minutes

 2 servings

 Fish

17 December 2021

Helping hands!

Making the guacamole is a great job for little hands. Get them in the kitchen chopping the avocado, tomatoes, and spring onions then mixing together with seasonings.

FROM YOUR BOX

SWEET POTATOES	400g
CORN COB	1
SPRING ONIONS	4
WHITE FISH FILLETS	1 packet
TOMATO	1
AVOCADO	1
LEMON	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, smoked paprika

KEY UTENSILS

oven tray

NOTES

Boil the corn and serve on the side if preferred.

No fish option - white fish fillets are replaced with chicken schnitzels. Prepare as for fish. Cook over medium-high heat in a frypan for 4-5 minutes each side or until cooked through.



1. MAKE THE TRAY BAKE

Set oven to 220°C.

Dice sweet potatoes and cut corn into bite size pieces (see notes). Slice white ends of spring onions into 3cm lengths. Toss on a lined oven tray with **1 tsp smoked paprika, 1 tsp cumin, oil, salt and pepper**. Cook for 20-25 minutes or until tender.



4. FINISH AND SERVE

Wedge remaining lemon.

Serve fish and vegetables onto plates with guacamole, a lemon wedge and a sprinkle of reserved spring onions tops.



2. ADD THE FISH

Rub fish with **1/2 tsp smoked paprika, oil, salt and pepper**. Add to oven tray for the last 8-10 minutes of cooking.



3. MAKE THE GUACAMOLE

Quarter tomato, dice avocado and slice green ends of spring onions (keep some for garnish). Toss together with juice from 1/2 lemon, **1 tbsp olive oil, salt and pepper**.

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

