



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Island Curries Tandoori Paste

This curry paste is made in Tasmania from fresh, clean ingredients. It's gluten-free, vegan-friendly and mild — yet packed with flavour.



1 Indian Fish Traybake with Slaw

Creamy coconut & tandoori curry sweet potatoes and fish served alongside crispy pappadums and a fresh slaw with carrots and Asian greens.

 35 minutes

 2 servings

 Fish

30 November 2020

Fried Asian greens

If you'd prefer to eat the Asian greens cooked rather than fresh, simply halve them and fry in a pan with a little oil before serving.

FROM YOUR BOX

COCONUT MILK	165ml
TANDOORI PASTE	1 sachet
SWEET POTATOES	400g
COURGETTES	2
SPRING ONIONS	2
ASIAN GREENS	2 bulbs
MINT	1/2 bunch *
CARROT	1
WHITE FISH FILLETS	1 packet
PAPPADUMS	1 packet
LEMON	1/2 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil (for cooking), salt, pepper, red wine vinegar (or other)

KEY UTENSILS

oven dish

NOTES

If you prefer, make a creamy coleslaw by using a few tablespoons of mayo, aioli or natural yoghurt, along with a little honey, vinegar, salt and pepper to taste.

No fish option – white fish fillets are replaced with diced chicken breast fillet. Add to oven dish at step 1 and cook for 25–30 minutes or until chicken is cooked through.



1. MIX THE CURRY PASTE

In a small bowl, mix together coconut milk, tandoori paste and **1/2 tin water**.



2. ROAST THE VEGETABLES

Slice sweet potatoes, courgettes and spring onions. Toss together in a lined oven dish with the curry paste mix. Place in oven and cook for 20–25 minutes until tender.



3. MAKE THE SLAW

Thinly slice Asian greens and mint. Julienne (or grate) carrot. Toss together with **2 tsp olive oil and 1 tsp vinegar** (see notes). Season with **pepper**.



4. ADD THE FISH

Rub fish with **oil, salt and pepper**. Place on top of tray bake. Spoon over a little sauce and cook for a further 5–10 minutes or until fish is cooked through.



5. COOK THE PAPPADUMS

Cook pappadums to taste, according to preferred method on the packet (we used the microwave as it's quick and uses minimal oil).



6. FINISH AND PLATE

Wedge 1/2 lemon.

Serve tray bake and fish with slaw, a lemon wedge and pappadums.

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**

