



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Green Apple

The nutritional differences between red and green apples are negligible. Still, the taste differences are noticeable! Green apples are typically more tangy, making them perfect to use in coleslaw.



1 Fish and Chips with Slaw

Crunchy fish fingers with golden oven-baked potato chips, apple-celery coleslaw, and a minty yoghurt sauce.

 30 minutes

 4 servings

 Fish

30 July 2021

Bake the fish

*Looking for a less hands-on option?
Instead of pan-frying, you can bake the
crumbed fish on a lined oven tray for 10-15
mins or until cooked through and crispy.*

FROM YOUR BOX

POTATOES	800g
GREEN APPLE	1
CELERY STICKS	2
COLESLAW	1/2 packet *
LEMON	1
MINT	1/2 bunch *
NATURAL YOGHURT	1/3 tub *
GF CORNFLAKES	1 packet (100g)
WHITE FISH FILLETS	2 packets

**Ingredient also used in another recipe*

PANTRY

olive oil + oil for cooking, salt, pepper, vinegar (of choice), dried oregano (optional)

KEY UTENSILS

large frypan, oven tray

NOTES

If preferred, cut apple and celery into sticks and serve on the side.

Instead of oil and vinegar, add 2-3 tbsp of mayonnaise to the coleslaw for a creamy slaw instead of oil and vinegar.

For sweetness, you can add 1/2 tsp sugar/honey to the sauce.

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, pepper and 1 tsp oregano** (optional). Cook for 20-25 minutes until golden and crispy.



2. MAKE THE COLESLAW

Dice (or slice) apple and celery (see notes). Add to a bowl with coleslaw. Toss with **1 tbsp olive oil and 1/2 tbsp vinegar** (see notes). Season with **salt and pepper**.



3. MAKE THE SAUCE

Zest and juice half the lemon (wedge remaining), chop the mint. Mix in a bowl with **1/3 tub yoghurt, 1 tbsp olive oil, salt and pepper** (see notes).



4. CRUMB THE FISH

Crush cornflakes and place in a bowl. Cut fish into fingers and toss with **oil, salt and pepper**. Press firmly into crushed cornflakes.



5. FRY THE FISH

Heat a frypan with **oil** over medium-high heat. Add fish in batches and cook for 3-4 minutes, turning occasionally, until crispy and cooked through.



6. FINISH AND PLATE

Serve fish fingers with chips, coleslaw, sauce and a lemon wedge.

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**

