



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

 4 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	800g
GREEN BEANS	1/2 bag (125g) *
CHERRY TOMATOES	1/2 bag (200g) *
PURPLE CARROT	1
GEM LETTUCE	1
ORANGE	1
PARSLEY	1/2 bunch *
NATURAL YOGHURT	1/2 tub (250g) *
WHITE FISH FILLETS	2 packets

**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 below the potatoes 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 tsp rosemary, salt and pepper**. Cook for 20–25 minutes until golden.



2. COOK THE BEANS

Heat a frypan with **1/4 cup 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 and add to a bowl with 1 tsp orange zest, 1/2 tub yoghurt and **1/2 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**

