



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Basil

"Basil" comes from the ancient Greek word *basileus*, which means "king". This could be because the herb was used in royal baths or medicine. Today, we prefer using it in cooking!



1 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!

 30 minutes

 4 servings

 Fish

22 February 2021

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	800g
CARROTS	2
CHIVES	1/2 bunch *
BASIL	1/2 packet (30g) *
TOMATOES	2
BABY COS LETTUCE	1
SNOW PEAS	1/2 bag (125g) *
WHITE FISH FILLETS	2 packets

**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 carrots 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 carrots (see notes) into chips. Toss on a lined oven tray with **1 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 tomatoes 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 half the sauce (optional).



5. FINISH AND PLATE

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

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

