



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

 4 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	800g
ZUCCHINI	1
SPRING ONIONS	1/2 bunch *
ASIAN GREENS	1 bunch
MINT	1/2 bunch *
CARROTS	2
WHITE FISH FILLETS	2 packets
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, saucepan

## NOTES

Keep 1-2 spring onions and add to the slaw if desired. The larger the baking tray, the less time the veggies will take to cook.

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, zucchini and spring onions (see notes). 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) carrots. Toss together with **1 tbsp olive oil and 1/2 tbsp 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 the pappadums 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](mailto:hello@dinnertwist.com.au)

