



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Tartare Sauce

This Australian-made tartare sauce is mayonnaise-based, blended with fresh tarragon, red onion, fresh parsley & pickled cucumber. It's free from gluten, dairy and artificial preservatives.

*Roza's* EST. 1991  
- G O U R M E T -

## 1 Panko Fish with Wedges and Salad

It doesn't get much better than these crispy panko fish pieces, served with golden, baked potato wedges and Dutch carrots, a fresh side salad, and creamy tartare sauce.

 30 minutes

 4 servings

 Fish

4 June 2021

*Baked, not fried*

*For a less hands-on option, you can bake the fish in the oven (crumbed or un-crumbed, skip the crumbing if you're in a hurry) for 10-15 minutes or until cooked through.*

## FROM YOUR BOX

MEDIUM POTATOES	800g
DUTCH CARROTS	1 bunch
FESTIVAL LETTUCE	1
RED CAPSICUM	1
CONTINENTAL CUCUMBER	1/2 *
WHITE FISH FILLETS	2 packets
THYME	1/2 packet *
PANKO CRUMBS	1 packet (100g)
TARTARE SAUCE	1 tub (100g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper (see notes), ground paprika, balsamic vinegar

## KEY UTENSILS

oven tray, large frypan

## NOTES

You can leave carrots fresh and serve with the salad. Keep salad components separate for picky eaters.

For extra flavour, use lemon pepper on the wedges or serve the dish with a lemon wedge.

**No fish option – white fish fillets are replaced with chicken schnitzels.** Increase cooking time to 5–6 minutes on each side or until cooked through.

**No gluten option – panko crumbs are replaced with gluten-free cornflakes.** Crush to a crumb at step 3.



### 1. COOK THE WEDGES

Set oven to 220°C.

Wedge potatoes and trim carrots (see notes). Toss with **1 tsp paprika, oil, salt and pepper** on a lined oven tray. Cook for 20–25 minutes or until golden and crispy.



### 2. MAKE THE SALAD

Tear/slice lettuce, slice capsicum and cucumber. Toss together with **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper.**



### 3. PREPARE THE CRUMBS

Cut fish into 3–4 pieces. Toss with thyme leaves, **1 tbsp olive oil, salt and pepper.** Tip panko crumbs into a shallow bowl or onto a piece of baking paper.



### 4. COOK THE FISH

Heat a large frypan with **oil/butter.** Press fish into crumbs to coat, then straight into the frying pan (in batches if necessary). Cook for 3–4 minutes each side or until golden and cooked through.



### 5. FINISH AND PLATE

Serve fish and wedges with salad and tartare sauce.

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