



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Wombok Cabbage


Chinese cabbage (wombok) is a super versatile vegetable! Perfect in coleslaw, stir-fries or shredded in a sandwich



1 Crispy Fish Po' boy

The Dinner Twist version of a loved Louisiana sandwich (or roll). Crispy panko pieces of fish with coleslaw and a creamy sweet chilli dressing. Sure to be a family favourite.

 30 minutes

 4 servings

 Fish

8 October 2021

Mix it up!

Swap rolls for the rice from Beef Bibimbap bowls and make a stir-fry with the vegetables. Season with sweet chilli and soy sauce. Pan fry the fish and serve on the side or flake and stir through.

FROM YOUR BOX

BABY WOMBOK CABBAGE	1/2 *
CARROT	1
CELERY STICKS	2
SPRING ONIONS	1/4 bunch *
RED CAPSICUM	1
CORIANDER	1/2 packet (10g) *
LIME	1
WHITE FISH FILLETS	2 packets
PANKO CRUMBS	1 packet (80g)
BREAD ROLLS	4 pack

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, oil/butter for cooking, salt, pepper, mayonnaise, sweet chilli sauce, vinegar (of choice)

KEY UTENSILS

frypan

NOTES

Dice capsicum and roughly chop coriander. Add to the coleslaw if you prefer.

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. Slice after cooking.

No gluten option - bread rolls are replaced with GF bread rolls and panko crumbs with GF cornflakes.



1. MAKE THE COLESLAW

Shred baby wombok, julienne carrot, dice celery and slice spring onions. Toss together with **1 tbsp olive oil** and **1/2 tsp vinegar**. Season to taste with **salt and pepper**.

Slice capsicum and pick coriander leaves, keep separate (see notes).



4. COOK THE FISH

Heat a large frypan with **oil/butter**. Press fish into crumbs to coat then place straight into the frying pan. Cook for 3-4 minutes each side or until golden and cooked through.



2. MAKE THE SAUCE

Mix together **3 tbsp mayonnaise** with zest and juice from 1/2 lime (wedge remaining) and **2 tbsp sweet chilli sauce**.



3. CRUMB THE FISH

Roughly chop fish fillets. Toss with **oil, salt, and pepper**. Tip panko crumbs into a shallow bowl or onto a piece of baking paper.



5. FINISH AND SERVE

Slice rolls 2/3 of the way through. Spread with sauce, fill with fish, coleslaw, capsicum and coriander. Add a wedge of lime to squeeze over and extra coleslaw 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

