



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](mailto:hello@dinnertwist.com.au)

