



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Sweet potato


We rarely instruct you to peel your potatoes, and that's for good reason! The peels are full of filling fibre and good-for-you nutrients. Plus, we think it tastes great!



1 Garlic Fish and Wedges

Lemon and garlic flavours combined with sweet potato wedges and white WA-caught fish fillets — simple, easy, and a sure family favourite!

 30 minutes

 2 servings

 Fish

20 July 2020

Less hands-on

If you're busy, you can bake the fish instead. Add to a baking dish along with 1 tbsp butter, 1 crushed garlic clove, salt & pepper, cover, and bake for 8-10 minutes or until cooked through.

FROM YOUR BOX

SWEET POTATOES	400g
BABY COS LETTUCE	1
LEBANESE CUCUMBER	1
RED APPLE	1
CHERRY TOMATOES	1/2 bag (100g) *
LEMON	1
CHIVES	1/3 bunch *
WHITE FISH FILLETS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil/butter (for cooking), salt, pepper, lemon pepper, dijon mustard, 1 garlic clove

KEY UTENSILS

oven tray, frypan

NOTES

Instead of lemon pepper, you can use regular pepper, adding 1/2 tsp grated lemon zest if you want! Or, simply swap for oregano.

Add the cherry tomatoes to the tray with the sweet potatoes if you prefer them cooked!

For a sweeter dressing, you can add 1/3 tsp honey or sugar of choice.

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. BAKE THE WEDGES

Set the oven to 220°C.

Wedge the sweet potatoes and toss on a lined oven tray with **oil, salt and 1/2 tsp lemon pepper** (see notes). Bake for 20-25 minutes or until golden.



2. MAKE THE SALAD

Wash and roughly chop lettuce, cucumber and apple, halve cherry tomatoes (see notes). Toss all in a bowl.



3. MAKE THE DRESSING

Whisk together 1/2 tsp grated lemon zest, juice of 1/2 lemon (wedge remaining), chopped chives, **2 tbsp olive oil and 1/2 tsp mustard** (see notes). Season with **salt and pepper**.



4. COOK THE FISH

Heat a frypan with **oil/butter** over medium-high heat. Season fish with **salt and pepper**, cook for 3-4 minutes each side or until cooked through. Move fish to one side of the pan, add **1 tbsp butter** and crushed **garlic** to the other side. Cook for a further 1 minute.



5. FINISH AND PLATE

Toss salad with half of the dressing.

Divide wedges and fish among plates. Spoon over garlic butter. Serve extra dressing and lemon wedges 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**

