



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

 4 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	800g
FESTIVAL LETTUCE	1
CONTINENTAL CUCUMBER	1/2 *
RED APPLE	1
CHERRY TOMATOES	1/2 bag (200g) *
LEMON	1
CHIVES	1/3 bunch *
WHITE FISH FILLETS	2 packets

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive + oil/butter (for cooking), salt, pepper, lemon pepper, dijon mustard, 2 garlic cloves

## KEY UTENSILS

oven tray, frypan

## NOTES

Instead of lemon pepper, you can use regular pepper, adding 1/2-1 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 1/2 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 sweet potatoes and toss on a lined oven tray with **oil, salt and 1 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 tsp grated lemon zest, juice of 1/2 lemon (wedge remaining), chopped chives, **3 tbsp olive oil and 1 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 **2 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**

