





Blackened Fish

with Corn Grits

Fish fillets blackened in a family-friendly Cajun spice mix served over charred corn grits with sautéed vegetables.





2 servings



Spice it up!

The cajun spice mix on your fish is family-friendly. If you like extra heat, sprinkle cayenne pepper or dried chilli flakes over the fillets, or serve the dish with fresh jalapeños or hot sauce.

TOTAL FAT CARBOHYDRATES

32g

67g

FROM YOUR BOX

CORN COB	1
RED CAPSICUM	1
SPRING ONIONS	1 bunch
SILVERBEET	1 bunch
ТНҮМЕ	1 packet
WHITE FISH FILLETS	1 packet
CAJUN SPICE MIX	1 packet
POLENTA	125g

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube of choice

KEY UTENSILS

large frypan, saucepan, kettle

NOTES

For an extra creamy polenta, substitute water with milk and butter to cook. You can also add cheese, such as sharp cheddar or parmesan, to the cooked polenta.





1. PREPARE THE INGREDIENTS

Boil the kettle. Remove corn kernels from cob (set aside for step 4).

Roughly chop capsicum. Thinly slice spring onions (reserve sliced green tops for garnish). Remove silverbeet leaves from stalk and thinly slice. Remove thyme leaves from stalks.



4. CHAR THE CORN KERNELS

While veggies cook, heat a saucepan over medium-high heat with oil. Add corn kernels and cook for 3-5 minutes until charred. Keep pan over heat.



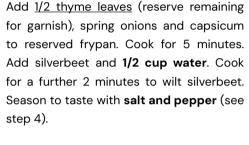
2. COOK THE FISH FILLETS

heat with oil. Coat fish in oil, spice mix, and salt. Add to pan and cook for 2-4 minutes each side until cooked through. Remove to a plate and keep pan over heat.



3. COOK THE VEGETABLES

Heat a large frypan over medium-high





5. COOK THE GRITS

Pour 750ml hot water (see notes) into pan over corn and crumble in stock cube. With saucepan still over heat, gradually pour in polenta, whisking continuously until thickened. Once thickened, remove from heat and season to taste with salt and pepper.



6. FINISH AND SERVE

Divide corn grits among shallow bowls. Top with vegetables and blackened fish. Garnish with remaining thyme leaves and spring onion green tops.

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



