



### Product Spotlight: Polenta

Polenta is made from ground corn and is quite versatile; it can be used in sweet and savoury dishes and is gluten-free!



## Blackened Fish with Corn Grits

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



30 minutes



2 servings



Fish

## Switch the Spice!

*The cajun spice mix on your fish has a lovely heat from the cayenne pepper. If you would like a family friendly spice on the fish you can substitute the spice mix with ground paprika, dried thyme and garlic powder.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	15g	36g

## FROM YOUR BOX

CORN COB	1
RED CAPSICUM	1
SPRING ONIONS	1 bunch
SILVERBEET	1 bunch
THYME	1 packet
WHITE FISH FILLETS	1 packet
FAMILY 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.

*Family cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt.*



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### 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 a large frypan over medium-high 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.



### 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**.



### 3. COOK THE VEGETABLES

Add 1/2 thyme leaves (reserve remaining for garnish), spring onions and capsicum to reserved frypan. Cook for 5 minutes. Add silverbeet and **1/2 cup water**. Cook for a further 2 minutes to wilt silverbeet. Season to taste with **salt and pepper** (see step 4).



### 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.

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