

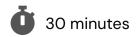


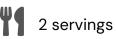


Blackened Fish

with Corn Grits

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







Switch the Spice!

The cajun spice mix on your fish is 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.

TOTAL FAT CARBOHYDRATES PROTEIN

33g

36g

FROM YOUR BOX

CORN COB	1
RED CAPSICUM	1
SPRING ONIONS	1 bunch
SILVERBEET	1 bunch
ТНҮМЕ	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.





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.



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).



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.

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