



Product Spotlight: Lime

When zesting citrus fruits, you want to make sure and only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, directly underneath the peel as this is quite bitter.



Coconut Marinated Fish

with Sweet Potato & Fresh Salsa

Pan-fried fish fillets in a delicious coconut, lime and ginger sauce served with golden sweet potatoes, fresh apple and avocado salsa.



30 minutes



2 servings



Fish

Make fish parcels!

You can cook the fish in individual or one large parcel with the marinade in the oven instead if you like!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	30g	23g	56g

FROM YOUR BOX

SWEET POTATO	500g
LIME	1
GINGER	1 piece
COCONUT MILK	165ml
WHITE FISH FILLETS	1 packet
TOMATO	1
AVOCADO	1
GREEN APPLE	1
CHIVES	1 bunch

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, soy sauce

KEY UTENSILS

oven tray, large frypan

NOTES

This dish is delicious served over quinoa, basmati or brown rice also!



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1. ROAST THE SWEET POTATO

Set oven to 220°C.

Quarter **sweet potato** lengthways and toss on a lined oven tray with **oil, salt and pepper**. Roast for 25 minutes, or until golden and cooked through.



4. COOK THE FISH

Heat a frypan with **oil** over medium-high heat. Use tongs to transfer **fish** to pan, scraping off excess **marinade** (reserve **marinade** for step 5). Cook for 2-3 minutes on each side, or until golden and almost cooked through.



2. MARINATE THE FISH

Zest **lime** and grate **ginger**. Combine with **coconut milk** and **1/2 tbsp soy sauce** in a bowl. Add **fish** and turn to coat in **marinade**.



5. FINISH THE SAUCE

Reduce pan heat to medium. Add **2 tbsp water** into **marinade** and pour into pan. Simmer for 2 minutes, stirring. Take off heat.



3. PREPARE THE SALSA

Dice **tomato, avocado** and **apple**. Slice **chives**. Toss all together with **1/2 lime juice** (wedge remaining), **1 tbsp olive oil, salt and pepper**.



6. FINISH AND SERVE

Serve **sweet potatoes** with **fish, pan sauces, salsa** and **lime wedges**.

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