

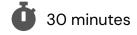


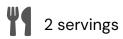


# **Coconut Marinated Fish**

## 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.







# Make fish parcels!

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

PROTEIN TOTAL FAT CARBOHYDRATES

28g

72g

#### **FROM YOUR BOX**

SWEET POTATO	500g
LIME	1
GINGER	1 piece
COCONUT MILK	165ml
WHITE FISH FILLETS	1 packet
ТОМАТО	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!





#### 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.



#### 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.



#### 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.



#### 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.



### 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.



#### 6. FINISH AND SERVE

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

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



