



Product Spotlight: Shallot

Shallots can be consumed raw, in salads and sandwiches, or used in soups, stews, pizzas, pasta and sauces.



Crispy Cajun Fish with Lime Vinaigrette

A medley of roast sweet potato, charred corn, avocado and cherry tomatoes, all served with crispy nuggets of white fish coated in Cajun seasoning and finished with a lime vinaigrette.



30 minutes



2 servings

Fish

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	36g	74g

FROM YOUR BOX

SWEET POTATOES	400g
CAJUN SPICE MIX	1 packet
CORN COB	1
AVOCADO	1
CHERRY TOMATOES	200g
SHALLOT	1
CORIANDER	1 packet
LIME	1
WHITE FISH FILLETS	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, flour (of choice)

KEY UTENSILS

large frypan, oven tray

NOTES

Cover the frypan with a lid or splatter guard if the corn starts to pop out of the pan.

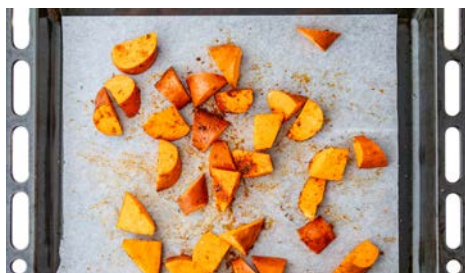
We used rice flour to coat the fish for extra crispiness!

Any remaining Cajun spice mix is delicious stirred through yoghurt for a dip, or used as a BBQ rub.

Cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt, ground cayenne.



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1. ROAST THE SWEET POTATO

Set oven to 220°C.

Dice **sweet potatoes** and toss with **1 tsp Cajun spice, oil, salt and pepper** on a lined oven tray. Roast in oven for 20–25 minutes until cooked through.



2. CHAR THE CORN

Heat a frypan over high heat with **oil**. Remove **corn** from cob. Cook for 6–8 minutes until charred (see notes). Set aside and reserve pan.



3. PREPARE THE SALAD

Dice **avocado**, halve **tomatoes** and slice **shallot**. Pick **coriander** leaves and slice stems.



4. PREPARE THE DRESSING

Whisk together **lime** zest and juice, **3 tbsp olive oil, salt and pepper**.



5. COOK THE FISH

Cut **fish** into nugget-sized pieces. Coat with **2 tsp Cajun spice, 1/2 tbsp flour, salt and pepper** (see notes). Reheat frypan over medium-high heat and cover base with **oil**. Cook fish for 5–6 minutes, turning until crispy and cooked through.



6. FINISH AND SERVE

Gently toss sweet potato with corn and salad. Divide among plates with fish. Spoon dressing over top to taste.

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