



### 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

## Switch it up!

*Add torn lettuce leaves, mesclun or coleslaw to bulk up this salad.  
Add crumbled feta cheese if you have some!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	13g	61g

## FROM YOUR BOX

SWEET POTATOES	400g
CAJUN SPICE MIX	15g
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.

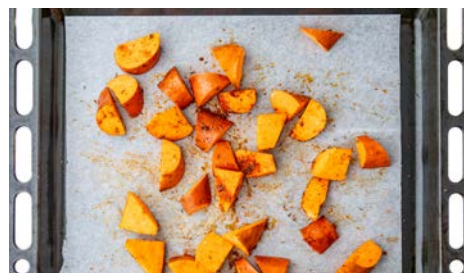
We used rice flour to coat the fish for extra crispiness!

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.

**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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

