L

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Chickpeas

Chickpeas are one of the most versatile pantry staples going. Toss them into salads, blend them into a dip, or roast them until crunchy for a snack.

Persian Fish

with Mint Salad

A fragrant and vibrant dish featuring Persian-spiced white fish, golden roast sweet potatoes, and a fresh minted chickpea salad tossed with lemon and cucumber.

30 minutes | 4/6 servings | Fish

Switch it up!

You can add feta or olives to the salad for extra flavour. Stretch out the salad with quinoa, brown rice or millet if you have some.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	7g	48g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
LEMON	1	2
SHALLOT	1	1
LEBANESE CUCUMBERS	2	3
TOMATOES	2	3
MINT	1 bunch	1 bunch
TINNED CHICKPEAS	400g	400g
WHITE FISH FILLETS	2 packets	3 packets
PERSIAN SPICE MIX	1 packet	2 packets

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, honey

KEY UTENSILS

large frypan, oven tray

NOTES

You can use dried mint or sumac if you have some.

If you prefer crispy chickpeas, you can add them to the tray with the sweet potato in the oven.

Persian spice mix: ground turmeric, cinnamon, nutmeg, cardamom, cumin, coriander, chilli powder, garlic granules.

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1. ROAST THE SWEET POTATO

Preheat oven to 220°C. Cut **sweet potato** into angular pieces. Toss on a lined tray with **oil**, **salt**, and **pepper**. Roast for 25–30 minutes, or until golden and tender.



2. PREPARE THE DRESSING

In a large bowl, whisk together **1/2 lemon juice** (wedge remaining) with **1/2 tsp honey, 2 tbsp olive oil** and **2 tsp dried oregano** (see notes)

6P - whisk together juice from 1 lemon, 1 tsp honey, 1/3 cup olive oil and 3 tsp oregano.



3. TOSS THE SALAD

Dice **shallot**, **cucumbers**, and **tomatoes**. Roughly chop **mint** leaves. Drain and rinse **chickpeas** (see notes). Toss everything in a bowl with prepared **dressing**.



4. COOK THE FISH

Coat **fish fillets** with **Persian spice mix, oil, salt and pepper**. Heat a frypan over medium-high and cook **fish** for 2–3 minutes each side, or until cooked through (cook in batches if needed).

6P - coat fish with 1 1/2 packets spice mix.



5. FINISH AND SERVE

Divide **roasted sweet potatoes**, **mint chickpea salad**, and **Persian fish** between plates. Serve with **lemon wedges**.

6P - wedge remaining lemon to serve.

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