

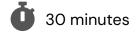




## **Blackened Fish**

### with Corn Grits

Fish fillets blackened in a family-friendly Cajun spice mix served over charred corn grits with sautéed vegetables.







# Switch the Spice!

The cajun spice mix on your fish is has a lovely heat from the cayenne pepper. If you would like a family friendly spice on the fish you can substitute the spice mix with ground paprika, dried thyme and garlic powder.

TOTAL FAT CARBOHYDRATES PROTEIN

35g

18g

### FROM YOUR BOX

CORN COBS	2
RED CAPSICUM	1
SPRING ONIONS	1 bunch
SILVERBEET	1 bunch
ТНҮМЕ	1 packet
WHITE FISH FILLETS	2 packets
FAMILY CAJUN SPICE MIX	1 packet
POLENTA	250g

### FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube of choice

### **KEY UTENSILS**

large frypan, saucepan, kettle

### **NOTES**

For an extra creamy polenta, substitute water with milk and butter to cook. You can also add cheese, such as sharp cheddar or parmesan, to the cooked polenta.

Family cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt.





### 1. PREPARE THE INGREDIENTS

Boil the kettle. Remove corn kernels from cobs (set aside for step 4).

Roughly chop capsicum. Thinly slice spring onions (reserve sliced green tops for garnish). Remove silverbeet leaves from stalk and thinly slice. Remove thyme leaves from stalks.



### 2. COOK THE FISH FILLETS

Heat a large frypan over medium-high heat with oil. Coat fish in oil, spice mix, and salt. Add to pan and cook for 2-4 minutes each side until cooked through. Remove to a plate and keep pan over heat.



### 3. COOK THE VEGETABLES

Add 1/2 thyme leaves (reserve remaining for garnish), spring onions and capsicum to reserved frypan. Cook for 5 minutes. Add silverbeet and 1/2 cup water. Cook for a further 2 minutes to wilt silverbeet. Season to taste with salt and pepper (see step 4).



### 4. CHAR THE CORN KERNELS

While veggies cook, heat a saucepan over medium-high heat with oil. Add corn kernels and cook for 3-5 minutes until charred. Keep pan over heat.



### 5. COOK THE GRITS

Pour 1.3L hot water (see notes) into pan over corn and crumble in stock cube. With saucepan still over heat, gradually pour in polenta, whisking continuously until thickened. Once thickened, remove from heat and season to taste with salt and pepper.



### 6. FINISH AND SERVE

Divide corn grits among shallow bowls. Top with vegetables and blackened fish. Garnish with remaining thyme leaves and spring onion green tops.

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



