



**Product Spotlight:
Lime**

When zesting citrus fruits, you want to make sure and only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, directly underneath the peel as this is quite bitter.



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.

30 minutes 4 servings Fish

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	29g	61g

FROM YOUR BOX

SWEET POTATO	1kg
LIME	1
GINGER	1 piece
COCONUT MILK	165ml
WHITE FISH FILLETS	2 packets
TOMATOES	3
AVOCADO	1
GREEN APPLE	1
SPRING ONIONS	1 bunch

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, soy sauce

KEY UTENSILS

oven tray, large frypan

NOTES

Use spring onions to taste in the salsa, remaining can be cooked with the fish at step 4.

This dish is delicious served over quinoa, basmati or brown rice also!



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1. ROAST THE SWEET POTATO

Set oven to 220°C.

Quarter **sweet potatoes** 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 **tomatoes, avocado** and **apple**. Slice **spring onions** (see notes). 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 **1/4 cup 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.

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