



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



4/6 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
4/6 Person:	31g	18g/27g	56g/59g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATO	1kg	1.5kg
LIME	1	2
GINGER	1 piece	2 pieces
COCONUT MILK	165ml	400ml
WHITE FISH FILLETS	2 packets	3 packets
TOMATOES	3	4
AVOCADO	1	2
GREEN APPLE	1	2
CHIVES	1 bunch	1 bunch

FROM YOUR PANTRY

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

KEY UTENSILS

oven tray, large frypan

NOTES

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



Scan the QR code to submit a Google review!



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.



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.



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**.

6P - use zest from both limes and 1 1/2 tbsp soy sauce.



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.



3. PREPARE THE SALSA

Dice **tomatoes, avocado** and **apple**. Slice **chives**. Toss all together with **1/2 lime juice** (wedge remaining), **1 tbsp olive oil, salt and pepper**.

6P - toss all together with juice from 1 lime (wedge remaining), 2 tbsp olive oil, salt and pepper.



6. FINISH AND SERVE

Serve **sweet potatoes** with **fish, pan sauces, salsa** and **lime wedges**.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

