




Product Spotlight: Avocado

To prepare an avocado, hold it steady with one hand and slice through the skin lengthwise until you hit the pit. Cut around the entire fruit. Gently twist the two halves in opposite directions to separate them.




Cajun Fish Tray Bake

Cajun-spiced white fish fillets roasted on a tray with sweet potato, corn and red capsicum, served with a creamy avocado lime crema.

 35 minutes

 Fish

 4/6 servings

Bulk it up!

Add cherry tomatoes, zucchini wedges or red onion to the tray with the vegetables for extra colour and sweetness.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	31g	13g	64g

FROM YOUR BOX

	4 PERSON	6 PERSON
WHITE SWEET POTATOES	1kg	1.5kg
CORN COBS	2	3
RED CAPSICUM	1	2
WHITE FISH FILLETS	2 packets	3 packets
FAMILY CAJUN SPICE MIX	1 packet	2 packets
AVOCADOS	2	3
LIME	1	2

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

oven tray, stick mixer (or small blender)

NOTES

Add 1-2 extra tsp water if lime isn't that juicy/if crema is thick.

Stir finely chopped fresh coriander or parsley into the avocado crema for a brighter, herby finish.

Turn leftovers into fish tacos the next day using warm tortillas and the crema as a sauce.

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



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Roughly chop **sweet potatoes** and **capsicum**. Cut **corn** into cobs. Toss on a lined oven tray with **oil, 1/2 cajun spice mix, salt and pepper**. Roast for 20 minutes (see step 3).



4. FINISH AND SERVE

Serve **tray bake** tableside with **avocado crema** and **lime wedges**.



2. MAKE AVOCADO CREMA

Roughly chop **avocado**. Add to a jug along with **zest** from whole **lime** and **juice from 1/2 lime** (wedge remaining) and **2 tbsp water**. Use a stick mixer to blend to a smooth, creamy consistency. Season to taste with **salt and pepper**.

6P - add **zest and juice from 1 lime** (wedge remaining), and **3 tbsp water**.



3. SEASON & ADD THE FISH

Coat **fish** with **oil, remaining cajun spice mix, salt and pepper**. Add to oven tray along with vegetables. Roast for 8-10 minutes or until cooked through.

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