

**Product Spotlight:  
Shallot**

Shallots can be consumed raw, in salads and sandwiches, or used in soups, stews, pizzas, pasta and sauces.



## Crispy Cajun Fish

### with Lime Vinaigrette

A medley of roast sweet potato, charred corn, avocado and cherry tomatoes, all served with crispy nuggets of white fish coated in Cajun seasoning and finished with a lime vinaigrette.



30 minutes



4/6 servings



Fish

## Switch it up!

*Add torn lettuce leaves, mesclun or coleslaw to bulk up this salad.  
Add crumbled feta cheese if you have some!*

| Per serve | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|-----------|---------|-----------|---------------|
|           | 32g     | 13g       | 60g           |

## FROM YOUR BOX

|                    | 4 PERSON  | 6 PERSON  |
|--------------------|-----------|-----------|
| SWEET POTATOES     | 800g      | 1.2kg     |
| CAJUN SPICE MIX    | 15g       | 2 x 15g   |
| CORN COBS          | 2         | 3         |
| AVOCADOS           | 2         | 3         |
| CHERRY TOMATOES    | 200g      | 2 x 200g  |
| SHALLOT            | 1         | 2         |
| CORIANDER          | 1 packet  | 1 packet  |
| LIME               | 1         | 2         |
| WHITE FISH FILLETS | 2 packets | 3 packets |

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, flour (of choice)

## KEY UTENSILS

large frypan, oven tray

## NOTES

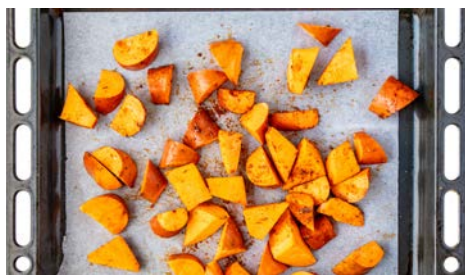
Cover the frypan with a lid or splatter guard if the corn starts to pop out of the pan.

We used rice flour to coat the fish for extra crispiness!

*Cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt, ground cayenne.*



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### 1. ROAST THE SWEET POTATO

Set oven to 220°C.

Dice **sweet potatoes** and toss with **2 tsp Cajun spice, oil, salt and pepper** on a lined oven tray. Roast in oven for 20–25 minutes until cooked through.

**6P** – toss with **3 tsp Cajun spice**.



### 4. PREPARE THE DRESSING

Whisk together **lime zest** and **juice, 3 tbsp olive oil, salt and pepper**.

**6P** – use **4 tbsp olive oil**.



### 2. CHAR THE CORN

Heat a frypan over high heat with **oil**. Remove **corn** from **cobs**. Cook for 6–8 minutes until charred (see notes). Set aside and reserve pan.



### 5. COOK THE FISH

Cut **fish** into nugget-sized pieces. Coat with remaining **Cajun spice, 1 tbsp flour, salt and pepper** (see notes). Reheat frypan over medium-high heat and cover base with **oil**. Cook **fish** for 5–6 minutes, turning until crispy and cooked through.

**6P** – use **1 1/2 tbsp flour**.



### 3. PREPARE THE SALAD

Dice **avocados**, halve **tomatoes** and slice **shallot**. Pick **coriander leaves** and slice **stems**.



### 6. FINISH AND SERVE

Gently toss **sweet potato** with **corn** and **salad**. Divide among plates with **fish**. Spoon **dressing** over top to taste.

**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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

