



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: PANKO BREADCRUMBS

Panko breadcrumbs are larger than regular breadcrumbs and are made from crust-free bread. This means they're great for making your meals as crunchy as can be!



1. LOADED SWEET POTATOES

WITH CRISPY FISH

 35 Minutes

 2 Servings

This one dish has everything we could ask for; crumbed crunchy fish, tender sweet potato and a colourful homemade salsa topping.

11 May 2020

FROM YOUR BOX

SWEET POTATOES	400g
CORN COB	1
SPRING ONIONS	1/4 bunch *
TOMATO	1
PANKO CRUMBS	1 packet (40g)
LIME	1
WHITE FISH FILLETS	1 packet
GRATED CHEDDAR CHEESE	1/2 packet (100g) *

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil/butter for cooking, salt, pepper, dried oregano, ground cumin, smoked (or ground) paprika, vinegar or choice

KEY UTENSILS

oven tray, frypan

NOTES

If you're in a hurry, skip the crumbing step.

Mix lime juice with 1/3 cup mayonnaise, natural yoghurt or sour cream for a creamy dipping sauce.

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side, or until cooked through.

No gluten option - panko crumbs are replaced with cornflakes. Crush finely before use.



1. ROAST THE SWEET POTATOES

Set oven to 220°C.

Halve sweet potatoes and place on a lined oven tray. Rub with **oil, 1/2 tsp oregano, 1/2 tsp cumin, 1/2 tsp smoked paprika, salt and pepper**. Roast for 20-25 minutes or until tender.



4. COOK THE FISH

Heat a frypan with **oil/butter** over medium-high heat. Place fish onto pan and cook for 3-4 minutes on each side until golden and cooked through.



2. MAKE THE SALSA

Remove kernels from corn cob, finely slice spring onions (save some tops for garnish) and dice tomato. Mix in a bowl with **2 tsp olive oil and 1 tsp vinegar**. Season with **salt and pepper**.



5. TOP THE SWEET POTATO

Gently flatten the inside of sweet potatoes using a fork. Divide some of the salsa mix over them and top with cheese. Return to oven for 5 minutes to melt cheese.



3. CRUMB THE FISH

Place panko crumbs on a plate. In a bowl, mix **1/2 tsp smoked paprika, salt, pepper, zest from 1/2 lime and 1 tbsp oil**. Coat fish with the oil mix, then press into the crumbs (see notes).



6. FINISH AND PLATE

Wedge lime (see notes).

Serve crispy fish with sweet potatoes, remaining salsa and a lime wedge.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

