



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: SUGAR SNAP PEAS

Crunchy, sweet, and beautiful; sugar snap peas really make a salad shine! Just 100 grams of these bite-sized delights contain 100% of your daily vitamin C needs, along with 22% vitamin A and 31% vitamin K.



# 1. PAPRIKA FISH

WITH SWEET POTATO & SALAD

 30 Minutes

 2 Servings

Rustic sweet potato sticks, fresh salad with avocado and sugar snap peas, and the star of the show: pan-fried paprika fish. Yum!

## FROM YOUR BOX

SWEET POTATOES	400g
LIME	1
AVOCADO	1
TOMATO	1
SUGAR SNAP PEAS	1/2 bag (75g) *
SNOW PEA SPROUTS	1/3 punnet *
WHITE FISH FILLETS	1 packet

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

olive + oil/butter for cooking, salt, pepper, smoked paprika (see notes), honey, dijon mustard

## KEY UTENSILS

oven tray, frypan

## NOTES

If you don't have smoked paprika, use regular ground paprika instead.

Add 2 tbsp mayonnaise to the dressing for a creamy version.

**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.



### 1. ROAST THE POTATOES

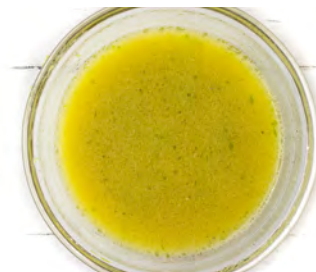
Set oven to 220°C.

Wedge sweet potatoes, place on a lined oven tray, and toss with **oil**, **1/2 tsp paprika**, **salt and pepper**. Cook for 20 minutes or until golden and tender.



### 4. COOK THE FISH

Heat a frypan over medium-high heat with **oil/butter**. Coat fish in **1 tsp paprika**, **salt and pepper**. Cook for 3-4 minutes each side or until cooked through.



### 2. MAKE THE DRESSING

Zest and juice lime, whisk together with **3 tbsp olive oil**, **1 tsp dijon mustard** and **1/2 tsp honey**. Season with **salt and pepper** (see notes).



### 3. MAKE THE SALAD

Roughly dice avocado and tomato. Halve sugar snap peas and sprouts. Toss together in a bowl.



### 5. FINISH AND PLATE

Serve fish with potato wedges, salad, and dressing.