



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

 4 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	800g
LIME	1
AVOCADO	1
TOMATOES	2
SUGAR SNAP PEAS	1 bag (150g)
SNOW PEA SPROUTS	1/3 punnet (100g) *
WHITE FISH FILLETS	2 packets

* 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, large 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

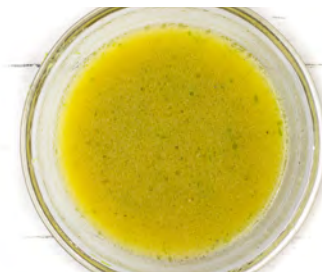
Set oven to 220°C.

Wedge sweet potatoes, place on a lined oven tray, and toss with **oil, 1 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 **2 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 tomatoes. Halve sugar snap peas and sprouts. Toss together in a bowl.



5. FINISH AND PLATE

Serve fish with potato wedges, salad and dressing.

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.

