DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Product Spotlight:
Sweet Potato

Sweet potatoes are a great source of beta-carotene and vitamins A, B6, and C. They are full of manganese, calcium, potassium, iron and fibre. In other words, an excellent choice for healthy eating!
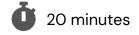
Soy Fish
with Herby Sweet Potato Mash

White fish fillets cooked in soy sauce and served with nutritious sweet potato mash, charred Asian greens, crunchy veggies and herbaceous mint and lime dressing.

But why?

We recommend leaving the skin on the sweet potato to help speed up your preparation time and for the extra nutritional benefits.

🕐 20 minutes   🍴 2 servings   🐟 Fish

3 March 2023

Per serve:

	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	38g	47g

FROM YOUR BOX

SWEET POTATOES	400g
MINT	1 packet
LIME	1
ASIAN GREENS	2 bulbs
WHITE FISH FILLETS	1 packet
LEBANESE CUCUMBER	1
RED CHILLI	1
BEAN SHOOTS	1 bag

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, soy sauce (or tamari), sweet chilli sauce (see notes)

KEY UTENSILS

large frypan, saucepan

NOTES

Substitute sweet chilli sauce with maple syrup, coconut sugar or honey.

1. COOK & MASH THE POTATO

Roughly chop sweet potatoes. Place in a saucepan and cover with water. Bring to a boil for 10 minutes until potatoes are tender. Drain and return to pan. Mash with **1 tbsp olive oil** to a smooth consistency. Season with **salt and pepper**.

2. MAKE THE DRESSING

Finely chop mint leaves. Zest and juice lime. Add to a bowl with **1/4 cup olive oil, 2 tsp soy sauce, 2 tsp sweet chilli sauce** and **pepper.** Whisk to combine.

3. COOK THE GREENS

Heat a large frypan over medium–high heat with **oil.** Halve Asian greens and add to the pan. Cook for 2 minutes each side until slightly charred. Season with **salt and pepper.** Remove from pan and keep pan over heat.

4. COOK THE FISH FILLETS

Coat fish in **oil, 2 tsp soy sauce** and **pepper.** Add to reserved pan and cook for 2-4 minutes each side until cooked through.

5. PREPARE THE VEGETABLES

Dice cucumber. Finely slice chilli. Set aside with bean shoots.

6. FINISH AND SERVE

Add sweet potato mash to a platter with cooked greens, fish fillets and prepared vegetables. Drizzle over dressing and garnish with chilli slices. Serve tableside.

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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**