



### Product Spotlight: Coastal Crunch

This lupin crumb is made in Perth by Coastal Crunch, flavoured with fragrant herbs the whole family will love. It has a 5-Star Health Rating and is gluten-free (endorsed by Coeliac Australia)!



## Chilli Crumbed Fish Cakes

### with Crispy Potatoes & Sprout Salad

Fish cakes coated in mild chilli lupin crumb served with pan-crisped baby potatoes and a fresh alfalfa sprout salad.



30 minutes



4 servings



Fish

17 March 2023

## Saucy!

*Serve these fish cakes with your favourite sauce, aioli, mayonnaise, relish, or chutney!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	18g	54g

## FROM YOUR BOX

BABY POTATOES	800g
WHITE FISH FILLETS	2 packets
CHILLI LUPIN CRUMB	1 packet (40g)
ALFALFA SPROUTS	1 punnet
TOMATOES	2
LEBANESE CUCUMBER	1
AVOCADO	1
LEMON	1

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried thyme

## KEY UTENSILS

large frypan, large saucepan, food processor (see notes)

## NOTES

If you don't have a food processor, you can mince the fish by chopping the fillets with a knife. Alternatively, leave the fillets whole and coat with lupin crumb.

Boil the kettle and cover potatoes with hot water to speed up this process.



### 1. BOIL THE POTATOES

Place potatoes in a saucepan and cover with water (see notes). Bring to a boil and simmer for 10–15 minutes, or until fork tender. Drain and return to saucepan.



### 2. MAKE & CRUMB FISH CAKES

Roughly chop fish. Add to a food processor with **1 tbsp oil, salt and pepper**. Blend to a mince consistency. Sprinkle lupin crumb on a plate. Use **oiled** hands and a 1/4 cup measure to form into 8 cakes. Press into lupin crumb.



### 3. COOK THE FISH CAKES

Heat a large frypan over medium-high heat with **oil**. Add fish cakes to pan and cook for 3–4 minutes each side until golden and cooked through.



### 4. CRISP THE POTATOES

Add **2 tbsp oil** and **1 tbsp thyme** to saucepan with potatoes. Keep over heat for 10 minutes or until potatoes begin crisp.



### 5. MAKE THE SPROUT SALAD

Pull alfalfa sprouts apart and add to a large bowl. Wedge tomatoes, crescent cucumber and dice avocado. Add to bowl as you go along with **1 tbsp olive oil**, juice from 1/2 lemon (wedge remaining), **salt and pepper**. Toss to combine.



### 6. FINISH AND SERVE

Divide fish cakes and crispy potatoes among plates. Serve with sprout salad and lemon wedges.

**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**

