

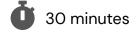




## Chilli Crumbed Fish Cakes

### 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.





4 servings



Fish

# Saucy!

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

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

32g 18g

17 March 2023

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



