



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Coriander

All parts of the coriander are edible, including the stems and seeds. It has a fresh, sweet, lemon and nutty flavour that brings life to dishes.



S2

## Mango Fish Wraps with Spiced Wedges

White fish fillets with mango chutney, served in fresh wraps from Mughal Foods with tasty fresh fillings and a side of roast potato wedges.



25 minutes



2 servings



Fish

16 September 2022

## Switch it up!

*Use the mango chutney as a sauce at the end and combine it with yoghurt for a creamier finish.*

## FROM YOUR BOX

MEDIUM POTATOES	3
MANGO CHUTNEY	1 jar
WHITE FISH FILLETS	1 packet
LEBANESE CUCUMBER	1
AVOCADO	1
CORIANDER	1 packet
WHEAT WRAPS	6-pack

## FROM YOUR PANTRY

oil for cooking, salt, pepper, garam masala, soy sauce

## KEY UTENSILS

oven tray, saucepan with lid, frypan

## NOTES

The oven is set at 250°C for extra crispy potatoes. If your oven doesn't reach that high, you can set the temperature to 220°C and cook the wedges for longer until they are crispy.

Use a clean tea towel to keep the wraps warm.

**No gluten option – wheat wraps are replaced with gluten-free burger buns.** Toast the buns in the oven for 5 minutes. Fill with fish or fish and salad.



### 1. COOK THE POTATOES

Set oven to 250°C (see notes).

Cut potatoes into wedges and toss on a lined oven tray with **1 tsp garam masala, oil, salt and pepper**. Roast for 20–25 minutes until golden and cooked through.



### 2. FRY THE FISH

Cook fish in frypan with oil over medium-high heat for 3–4 minutes each side. Season with salt and pepper.



### 3. PREPARE THE FILLINGS

Slice cucumber and avocado. Roughly chop coriander. Set aside.



### 4. WARM THE WRAPS

Heat a dry frypan over medium-high heat. Add wraps (one at a time) and cook for 10 seconds each side until warmed through. Keep warm until serving (see notes).



### 5. FINISH AND SERVE

Flake fish and assemble wraps at the table with fish and fresh fillings. Serve with potato wedges on the side and mango chutney.

**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**

