



Product Spotlight: Parmesan

Parmesan is a delicious, nutty, sweet, and salty hard cheese that works well with the crumb in this dish.



Parmesan Crusted Fish

with Sweet Potato Chips

Oven baked fish with a crunchy panko and parmesan crust served with sweet potato chips and aioli dipping sauce.



25 minutes



2 servings



Fish

14 July 2023

Switch it up!

*You can make fish fingers instead!
Cut the fish fillets into fingers and coat with the crumb mixture, and pan-fry until golden and cooked through!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	48g	60g	63g

FROM YOUR BOX

SWEET POTATOES	400g
BABY COS LETTUCE	1
TOMATO	1
LEBANESE CUCUMBER	1
PARMESAN CHEESE	1 packet
PANKO CRUMBS	1 packet (20g)
WHITE FISH FILLETS	1 packet
AIOLI	100g

FROM YOUR PANTRY

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

KEY UTENSILS

2 oven trays

NOTES

Toss the parmesan through the salad or sprinkle it over the chips for the last 5 minutes of cooking time if preferred.

No gluten option – panko crumbs are replaced with almond meal.



1. ROAST THE SWEET POTATO

Set oven to 220°C.

Cut sweet potatoes into chips and toss on a lined oven tray with **oil, salt and pepper**. Roast for 25–30 minutes until golden and cooked through.



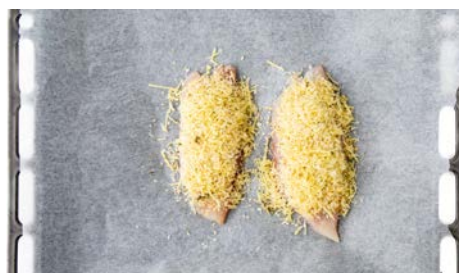
2. PREPARE THE SALAD

Tear and rinse lettuce leaves. Slice tomato and cucumber. Set aside.



3. PREPARE THE CRUMB

Combine **1/2 tsp oregano**, **1/2 cup parmesan cheese**, panko crumbs and **1 tbsp olive oil** in a bowl.



4. BAKE THE FISH

Place fish fillets on a lined oven tray. Season with **salt and pepper**. Press even amounts of crumb on top of fillets. Bake in oven for 8–10 minutes or until golden and cooked through.



5. PREPARE THE SAUCE

Combine **1/4 cup parmesan cheese** with aioli to make a dipping sauce (see notes).



6. FINISH AND SERVE

Serve crusted fish with sweet potato chips, salad and dipping sauce.



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