



### Product Spotlight: Sweet Potato

Sweet potatoes retain most of their nutrients after being cooked. You don't need to limit them to savoury dishes; because they are naturally sweet, you can add them to muffins, brownies or cakes!



## Tarragon Fish and Chips

A healthy twist on your favourite fish and chips! Sweet potato chips, cooked in the oven until golden and served alongside pan-cooked fish and fresh salad.



25 minutes



2 servings



Fish

31 March 2023

### Spruce it up!

*You can add ground cumin or coriander to the sweet potato chips for some added flavour. Coat the fish with breadcrumbs or cornflakes if preferred.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	31g	42g

## FROM YOUR BOX

SWEET POTATOES	400g
GEM LETTUCE	3-pack
LEBANESE CUCUMBER	1
TOMATO	1
WHITE FISH FILLETS	1 packet
MAYONNAISE/AIOLI DIP	100g

## FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, dried tarragon

## KEY UTENSILS

frypan, oven tray

## NOTES

You can dress the salad with your favourite vinaigrette. To make a simple one, whisk together 1 tbsp vinegar or lemon juice with 1 tbsp olive oil.



### 1. ROAST THE POTATOES

Set the oven to 220°C.

Cut sweet potatoes into chips and toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20 minutes until cooked through.



### 2. PREPARE THE SALAD

Tear and rinse lettuce leaves. Slice cucumber and wedge tomato. Toss in a salad bowl (see notes).



### 3. COOK THE FISH

Heat a frypan with **1/2 tbsp butter** and **1 tsp oil** over medium-high heat. Coat fish with **1/2-1 tsp dried tarragon, salt and pepper**. Cook in pan for 3-4 minutes each side or until cooked through.



### 4. FINISH AND SERVE

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



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