



### Product Spotlight: Sweet Potato

Sweet potato isn't just for savoury dishes; because of its natural sweetness, you can add it to muffins, brownies or cakes!



## Almond Crusted Fish with Sweet Potato Mash

White fish fillets coated with a herby almond crumb, then cooked until golden and served with sweet potato mash, rocket salad and lemon.



20 minutes



4 servings



Fish

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### Mix it up!

*You can cut the fish fillets into fish fingers for children. Use fresh thyme, rosemary, parsley or oregano for the crumb and the mash if you like! If you don't want a mash, roast the sweet potatoes instead!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	27g	46g

## FROM YOUR BOX

SWEET POTATOES	800g
LEMON	1
ALMOND MEAL	1 packet (80g)
WHITE FISH FILLETS	2 packets
APPLE	1
CELERY STALKS	2
ROCKET LEAVES	1 bag (120g)

## FROM YOUR PANTRY

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

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can peel the sweet potatoes for a smoother mash if preferred.

Take care when turning the fish in the pan to prevent losing too much coating.



### 1. COOK THE SWEET POTATOES

Dice sweet potatoes (see notes). Place in a saucepan and cover with water. Bring to a boil and simmer for 10-12 minutes or until tender (see step 5).



### 2. PREPARE THE FISH

Combine lemon zest with **1 tsp oregano** and almond meal on a plate. Season fish with **salt and pepper**. Press fillets into almond meal until coated on all sides.



### 3. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Cook fish for 3-4 minutes each side until golden and cooked through (see notes).



### 4. MAKE THE SALAD

Slice apple and celery. Toss together with rocket leaves. Whisk together juice from 1/2 lemon (wedge remaining) and **1 tbsp olive oil**. Toss through salad.



### 5. MASH THE SWEET POTATOES

Reserve **1/3 cup cooking water** before draining potatoes. Return potatoes to saucepan. Mash with reserved water and **1 tbsp butter**, and season well with **salt and pepper**.



### 6. FINISH AND SERVE

Divide sweet potato mash, salad and fish among plates. Serve with 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**

