



Product Spotlight: Cornflakes

The cornflakes in your box are naturally gluten-free. Crush the flakes in the packet, or you can use a small food processor!



Crumbed Fish Fingers with Wedges and Relish

Cornflake crumbed fish cooked until golden, served with herby roast potato wedges, fresh salad and relish for dipping.



30 minutes



4 servings



Fish

6 October 2023

Switch it up!

Season the fish with a different spice or herb of choice! Dried oregano, lemon pepper, cayenne pepper or ground cumin work well! Stir some mayonnaise through the relish for a creamier dipping sauce.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	3g	68g

FROM YOUR BOX

MEDIUM POTATOES	1kg
TOMATO	1
MIXED SALAD	1 bag
WHITE FISH FILLETS	2 packets
CORNFLAKES	1 packet (80g)
RELISH	1 jar

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar, dried thyme, smoked paprika

KEY UTENSILS

large frypan, oven tray

NOTES

The oven is set at 250°C for an extra golden finish on the potatoes. If your oven doesn't reach that high, set it at 220°C and leave the wedges in for longer until they crisp.

You can use a small food processor to form a finer crumb if preferred.



1. ROAST THE WEDGES

Set oven to 250°C (see notes).

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



4. COOK THE FISH

Heat a frypan over medium–high heat with **oil**. Cook fish (in batches) for 3–4 minutes each side or until cooked through.



2. PREPARE THE SALAD

Wedge tomato. Toss together with mixed salad in a large salad bowl with **1/2 tbsp vinegar, 1/2 tbsp olive oil, salt and pepper**. Set aside.



5. FINISH AND SERVE

Serve fish fingers with wedges, chopped salad and relish for dipping.



3. PREPARE THE FISH

Cut the fish into fingers. Coat with **1 tsp smoked paprika, oil, salt and pepper**. Gently crush cornflakes in the bag to form a crumb (see notes). Press fish into crumb until coated on all sides.

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**

