



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Cornflakes

These cornflakes are naturally gluten-free. It's easiest to crush the flakes in the packet they come in, or you can use a small processor!



S4 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

2 September 2022

Switch it up!

You can 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.

FROM YOUR BOX

MEDIUM POTATOES	800g
TOMATO	1
MIXED SALAD	1 bag (400g)
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, saucepan

NOTES

The oven is set at 250°C for an extra golden finish on the potatoes. If your oven doesn't reach that high you can 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 2–3 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.



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**

