



Product Spotlight: Sweet Potato

Sweet potatoes originated more than 5000 years ago, and they aren't only orange; they can be cream, yellow, pink and purple too!



Pesto Fish

with Crushed Sweet Potato

Lemon and herb baked fish on a bed of crushed sweet potato with roast veggies and a cheesy pesto sauce.



25 minutes



4 servings



Fish

28 April 2023

Mix it up!

If you have time, you can thread the veggies onto skewers to make "traffic light" kebabs!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	22g	54g

FROM YOUR BOX

SWEET POTATOES	600g
MEDIUM POTATOES	2
CHERRY TOMATOES	1 bag (200g)
ZUCCHINI	1
YELLOW CAPSICUM	1
WHITE FISH FILLETS	2 packets
LEMON	1
PESTO	1 jar

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

saucepan, oven tray

NOTES

You can peel the vegetables if preferred.

Rinse the fish fillets and pat dry before baking, this will remove any stray scales. The cook time will depend on the thickness of the fillets. Check them after 4 minutes if they are thin.



1. COOK THE POTATOES

Set oven to 220°C.

Dice sweet potatoes and potatoes (see notes). Place in a saucepan and cover with water. Bring to the boil and simmer for 15–17 minutes or until tender (see step 5).



2. ROAST THE TRAYBAKE

Halve tomatoes, slice zucchini and chop capsicum. Toss on a lined oven tray with **2 tsp oregano, oil, salt and pepper**. Roast in top part of oven for 10 minutes.



3. ADD THE FISH

Coat fish with lemon zest, **oil salt and pepper**. Add to roasting tray and cook for 4–8 minutes (see notes).



4. PREPARE THE PESTO SAUCE

Combine pesto with juice from 1/2 lemon (wedge remaining) and **1 tbsp water**.



5. MASH THE POTATOES

Drain potatoes and return to pan. Mash with a potato masher and season with **salt and pepper**.



6. FINISH AND PLATE

Divide sweet potato mash, fish and vegetables among plates. Spoon over pesto to taste and serve with lemon wedge.



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