



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Lime

Did you know? Seedless limes are classified as parthenocarpic fruit, meaning the flowers don't require pollen to make fruit. Though some fruits are grown to have no seeds, seedless limes are naturally occurring!



S4

## Smokey Fish

with Sweet Potato Chips and Lime Coleslaw

Fresh fish fillets from Catalano's Seafood, grilled with a smokey spice rub, served with corn cobettes, sweet potato chips and coleslaw tossed with lime aioli.



30 minutes



4 servings



Fish

25 November 2022

## Switch it up!

*You can use a pre-made Cajun, Mexican or jerk spice mix to flavour the fish if you have some! The fish and coleslaw can also be served in hamburger buns or wraps!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	19g	55g

## FROM YOUR BOX

SWEET POTATOES	800g
CORN COBS	2
LIME	1
AIOLI	100g
COLESLAW	1 bag (500g)
WHITE FISH FILLETS	2 packets
CORIANDER	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, dried oregano

## KEY UTENSILS

oven tray, frypan

## NOTES

You can use ground cumin or ground coriander instead of smoked paprika if preferred!

You can also cook the fish on the BBQ if preferred! Coat the fillets with some mayonnaise to prevent them from sticking to the grill.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut sweet potatoes into chips and cut corn into cobettes. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes until cooked through.



### 4. FINISH AND SERVE

Arrange the fish, corn, sweet potatoes and coleslaw on a serving plate. Chop coriander and use to garnish. Serve with lime wedges.



### 2. PREPARE THE COLESLAW

Combine zest and juice from 1/2 lime (wedge remaining) with aioli. Toss together with coleslaw until combined.



### 3. COOK THE FISH

Coat fish with **1 tsp smoked paprika, 1 tsp oregano, 1 tbsp oil, salt and pepper** (see notes). Cook in a frypan over medium-high heat for 3–4 minutes each side or until cooked through.

**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**

