



Product Spotlight: Sweet Potato

Sweet potatoes retain most of their nutrients after being cooked. You don't need to limit them to savoury dishes; because they are naturally sweet, you can add them to muffins, brownies or cakes!



Tarragon Fish and Chips

A healthy twist on your favourite fish and chips! Sweet potato chips, cooked in the oven until golden and served alongside pan-cooked fish and fresh salad.



25 minutes



4 servings



Fish

31 March 2023

Spruce it up!

You can add ground cumin or coriander to the sweet potato chips for some added flavour. Coat the fish with breadcrumbs or cornflakes if preferred.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	31g	40g

FROM YOUR BOX

SWEET POTATOES	800g
GEM LETTUCE	3-pack
LEBANESE CUCUMBER	1
TOMATOES	2
WHITE FISH FILLETS	2 packets
MAYONNAISE/AIOLI DIP	100g

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, dried tarragon

KEY UTENSILS

frypan, oven tray

NOTES

You can dress the salad with your favourite vinaigrette. To make a simple one, whisk together 1 tbsp vinegar or lemon juice with 1 tbsp olive oil.



1. ROAST THE POTATOES

Set the oven to 220°C.

Cut sweet potatoes into chips and toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20 minutes until cooked through.



2. PREPARE THE SALAD

Tear and rinse lettuce leaves. Slice cucumber and wedge tomatoes. Toss in a salad bowl (see notes).



3. COOK THE FISH

Heat a frypan with **1 tbsp butter** and **1/2 tbsp oil** over medium-high heat. Coat fish with **1-2 tsp dried tarragon, salt and pepper**. Cook in pan for 3-4 minutes each side or until cooked through.



4. FINISH AND SERVE

Serve sweet potato chips, salad and fish on plates with dipping sauce.



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