



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Catalano's Seafood

This family business has a true commitment to sustainable fishing which is not ruining the seabed. They also go out of their way to bring you the freshest catch around, with no chemicals added to their packs.



1 Thai Style Fish & Sweet Potatoes

Golden roast sweet potatoes, cabbage salad and white fish with a punchy sweet, spicy and sour Thai dressing, finished with toasted peanuts.



35 minutes



2 servings



Fish

8 June 2020

Spice it up!

Add some crushed garlic to the dressing and lemongrass to the fish if you're an adventurous foodie or you want to add a little more excitement to your cooking!

Per serve: **PROTEIN** 31g **TOTAL FAT** 16g **CARBOHYDRATES** 54g

FROM YOUR BOX

SWEET POTATOES	400g
LIME	1
CORIANDER	1/2 packet *
RED CHILLI	1
RED ONION	1/4 *
CHERRY TOMATOES	1/2 bag (100g) *
COLESLAW	1 bag (250g)
WHITE FISH FILLETS	1 packet
PEANUTS	1 packet (40g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, fish sauce, sugar (of choice)

KEY UTENSILS

oven tray, frypan

NOTES

Palm sugar or coconut sugar works well in the dressing as well as sesame oil or a neutral flavoured oil.

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. ROAST SWEET POTATOES

Set oven to 220°C.

Wedge sweet potatoes and toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20-25 minutes until golden and cooked through.



2. PREPARE THE DRESSING

Combine lime zest and juice with **2 tbsp fish sauce, 2-3 tsp sugar** and **2 tbsp oil** (see notes). Finely slice coriander stems (reserve leaves), deseed and chop chilli. Add to the dressing and set aside.



3. PREPARE THE COLESLAW

Slice red onion and halve tomatoes. Toss together with coleslaw.



4. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Season fish with **salt and pepper**. Cook in pan for 3-4 minutes each side or until cooked through.



5. FINISH AND PLATE

Divide sweet potatoes, coleslaw and fish among plates. Spoon over dressing to taste. Roughly chop peanuts and reserved coriander. Scatter over top.

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

