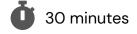




Turmeric Spiced Fish

with Corn Salsa

Roast sweet potato wedges with warmly spiced fish fillets and a fresh corn salsa, served with locally made spiced tomato kasaundi.





4 servings



Mix it up!

If you find the tomato kasaundi a little spicy, try stirring it through yoghurt for a milder heat! If you prefer a warmer dish you can char the corn first before adding to the salsa.

TOTAL FAT CARBOHYDRATES PROTEIN

26g 58g

FROM YOUR BOX

SWEET POTATOES	800g
CORN COBS	2
CONTINENTAL CUCUMBER	1/2 *
томато	1
CHIVES	1/2 bunch *
CHIVES GREEN CHILLI	1/2 bunch *
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GREEN CHILLI	1

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground cumin, ground turmeric, red wine vinegar

KEY UTENSILS

oven tray, frypan

NOTES

For less heat, use a teaspoon to scrape the seeds out of the chilli.

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 THE POTATOES

Set oven to 220°C.

Cut sweet potatoes into halves (or large wedges). Toss with oil, salt and pepper on a lined oven tray. Roast with the cut side down for 20-25 minutes or until cooked through.



2. MAKE THE SALSA

Remove corn from cobs. Dice cucumber and tomato. Slice chives and chop chilli. Toss together with 1 tbsp vinegar and 1 tbsp olive oil. Set aside.



3. COOK THE FISH

Coat fish with 3 tsp cumin, 1 tsp turmeric, oil, salt and pepper. Cook in a frypan over medium-high heat for 3-4 minutes each side or until cooked through.



4. FINISH AND PLATE

Divide sweet potatoes, fish and salsa among plates. Serve with tomato kasaundi on the side.



