



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Tomato Kasaundi

A deliciously spiced chutney of tomatoes, ginger and a hint of green chilli for spice. Use any leftovers you may have to spice up lentils or sautéed veggies!



1 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.



30 minutes



2 servings



Fish

3 August 2020

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.

Per serve: **PROTEIN** 27g **TOTAL FAT** 15g **CARBOHYDRATES** 65g

FROM YOUR BOX

SWEET POTATOES	400g
CORN COB	1
CONTINENTAL CUCUMBER	1/3 *
RED CAPSICUM	1/2 *
CHIVES	1/2 bunch *
GREEN CHILLI	1
WHITE FISH FILLETS	1 packet
TOMATO KASAUNDI	1 jar

**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.



4. FINISH AND PLATE

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



2. MAKE THE SALSA

Remove corn from cob. Dice cucumber and capsicum. Slice chives and chop chilli (see notes). Toss together with **1/2 tbsp vinegar** and **1/2 tbsp olive oil**. Set aside.



3. COOK THE FISH

Coat fish with **2 tsp cumin, 1/2 tsp turmeric, oil, salt and pepper**. 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**

