

Product Spotlight: Sweet Potato

Sweet potatoes retain most of their nutrients after they have been cooked. You don't need to limit sweet potatoes to savoury dishes. As they are naturally sweet they can easily be added to muffins, brownies or cakes!

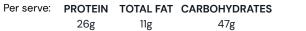


White fish fillets served with sautéed vegetables, on mashed sweet potato with a lemon and miso sauce.





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Switch it up!

Instead of mashing your sweet potato you

can cut it into wedges and roast in the oven at 220°C for 20-25 minutes or until

golden and crispy.

FROM YOUR BOX

SWEET POTATOES	400g
ASPARAGUS	1 bunch
RADISHES	1/2 bunch *
CHERRY TOMATOES	1/2 bag (100g) *
LEMON	1
MISO GLAZE	2 tbsp
WHITE FISH FILLETS	1 packet

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt, pepper, 1 garlic clove

KEY UTENSILS

large frypan, saucepan

NOTES

If you like a creamy mash add milk and butter to taste.

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. COOK THE SWEET POTATO

Roughly chop sweet potato. Add to a saucepan and cover with water. Bring to a boil and cook for 10–12 minutes until softened. Drain and roughly mash with **2 tsp olive oil**. Season with **salt and pepper** (see notes).

4. COOK THE FISH

through.

Coat fish fillets with oil, salt and pepper.

Reheat pan over medium-high heat. Cook

for 3-4 minutes each side or until cooked



2. COOK THE VEGETABLES

Heat a frypan over medium-high heat with oil. Trim and halve asparagus. Wedge radishes and halve cherry tomatoes. Add to pan. Cook for 5-6 minutes or until tender. Zest lemon to yield 2 tsp, stir through. Season with **salt and pepper**. Remove from pan.



5. FINISH AND SERVE

Divide mash, vegetables and fish among plates. Spoon over sauce.



3. MAKE THE LEMON SAUCE

Reduce pan heat to low. Add **1 tbsp butter**, **1 tbsp olive oil, 2 tbsp water**, miso glaze and lemon juice. Crush in **1 garlic clove**. Cook, stirring, for 1 minute. Remove to a bowl.

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

