



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Avocado

Avocados are nutrient and energy dense. Being plant-based, they contain no cholesterol. In fact they are high in good fats which can actually help lower cholesterol!



## 1 Caribbean Fish with Pineapple Salsa

Lightly floured fish fillets with sweet allspice, paired with a tropical avocado and pineapple salad and served alongside golden sweet potato cubes.

 35 minutes

 2 servings

 Fish

16 November 2020

## Spice it up!

*If you don't have ground allspice you can use ground cumin or coriander instead. Add some cayenne pepper for a little kick and a squeeze of lime for added flavour.*

Per serve: **PROTEIN** 28g **TOTAL FAT** 22g **CARBOHYDRATES** 85g

## FROM YOUR BOX

SWEET POTATOES	500g
SPRING ONIONS	2 *
RED CAPSICUM	1/2 *
AVOCADO	1
MINT	1/2 bunch *
PINEAPPLE PIECES	1 tin (225g)
LIME	1
WHITE FISH FILLETS	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, allspice, apple cider vinegar, cornflour

## KEY UTENSILS

frypan, oven tray

## NOTES

Rinse the fish fillets and pat dry before coating in cornflour.

**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

Set oven to 220°C.

Dice sweet potatoes (4cm) and slice spring onions into 4cm lengths. Toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20–25 minutes until cooked through.



### 2. MAKE THE SALSA

Dice capsicum and avocado, slice mint leaves. Toss with pineapple pieces, zest and juice from 1/2 the lime (wedge remaining) and **1 tbsp olive oil**. Season with **salt and pepper**.



### 3. PREPARE THE FISH

Combine **1/2 tbsp cornflour, 1/2 tsp allspice, salt and pepper**. Roll fish in flour to coat.



### 4. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Cook fish for 3–4 minutes each side or until cooked through.



### 5. FINISH AND PLATE

Divide sweet potato and fish among plates. Spoon over even amounts of salsa and serve with lime wedges.

**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](mailto:hello@dinnertwist.com.au)

