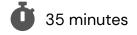




Caribbean Fish

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.





2 servings



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.

PROTEIN TOTAL FAT CARBOHYDRATES

28g 22g

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)
PINEAPPLE PIECES LIME	1 tin (225g) 1

^{*}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.



