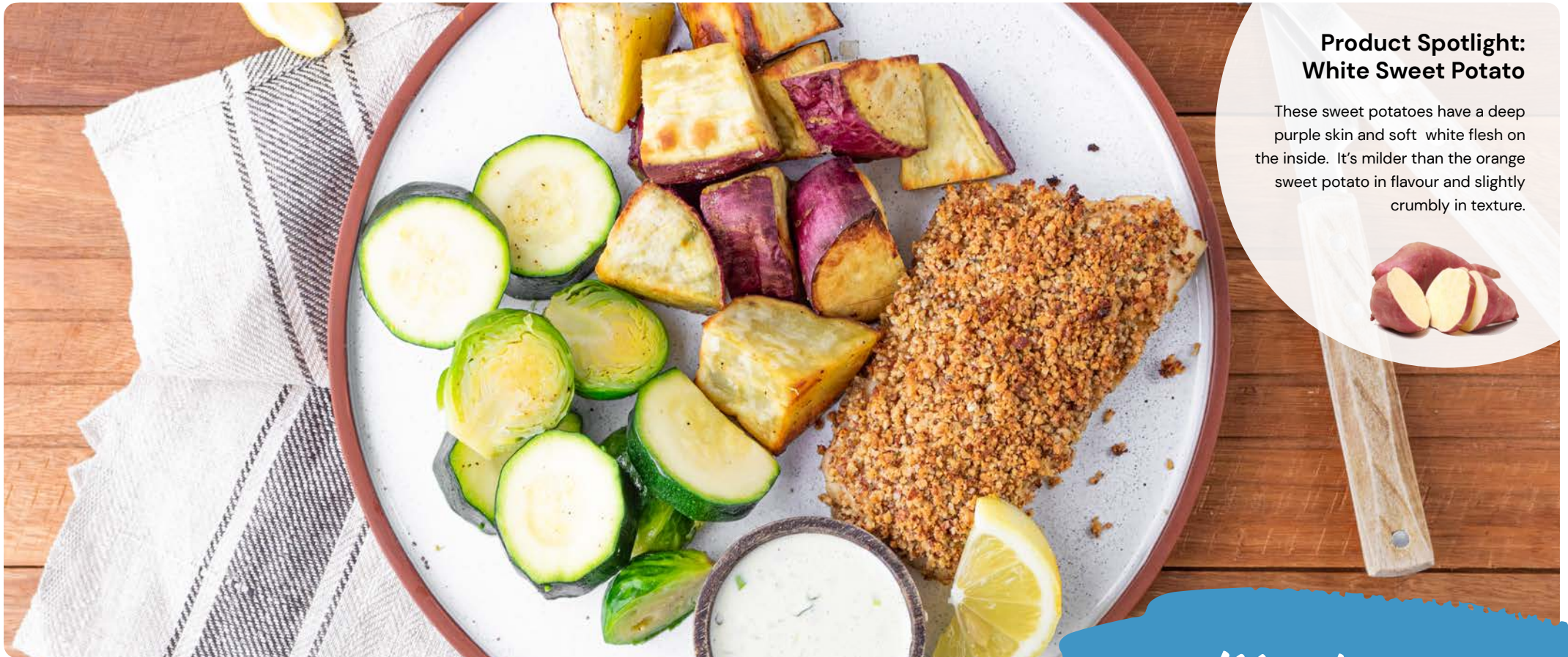




DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: White Sweet Potato

These sweet potatoes have a deep purple skin and soft white flesh on the inside. It's milder than the orange sweet potato in flavour and slightly crumbly in texture.



1 Nut Crusted Fish

Golden cubes of white sweet potato, sautéed greens and baked fish fillets with a lemon and almond nut crust, all served with a creamy tartare sauce for dipping.

 35 minutes

 2 servings

 Fish

24 August 2020

Mix it up!

If you don't feel like making the crumb you can coat the fish with lemon zest and pan cook instead. Chop the nuts and toss through the vegetables.

Per serve: **PROTEIN** 35g **TOTAL FAT** 30g **CARBOHYDRATES** 75g

FROM YOUR BOX

WHITE SWEET POTATO	400g
LEMON	1
ALMONDS	1 packet (40g)
WHITE FISH FILLETS	1 packet
SPRING ONION	1
TARTARE SAUCE	1 tub (100g)
ZUCCHINI	1/2 *
BRUSSELS SPROUTS	200g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt and pepper, dried thyme

KEY UTENSILS

2 oven trays, small food processor, frypan

NOTES

If you don't have a processor you can finely chop the nuts instead.

If you have thinner pieces of fish you can stack a couple on top of each other to make thicker fillets. Or place the crumb on top of each and check after 7 minutes in the oven.

No fish option - white fish fillets are replaced with chicken schnitzels. Coat the chicken with lemon zest, salt and pepper. Cook in a frypan with oil for 4-5 minutes each side. Chop the nuts and toss through the vegetables.



1. ROAST SWEET POTATO

Set oven to 220°C.

Cut sweet potato into large cubes. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20-25 minutes until golden and cooked through.



2. MAKE THE CRUMB

Zest the lemon to yield 1 tsp and add to a processor with almonds, **1/2 tsp thyme, 1 tsp oil, salt and pepper**. Process into a crumb (see notes).



3. COOK THE FISH

Coat fish with **oil, salt and pepper**. Place on a second oven tray and press crumb on top. Roast for 10-15 minutes or until cooked through (see notes).



4. MAKE THE DRESSING

Slice the spring onion. Combine with tartare sauce, 1/2 lemon juice (wedge remaining), **salt and pepper**.



5. COOK THE VEGGIES

Cut zucchini into rounds and halve brussels sprouts. Add to a frypan over medium-high heat with **1/2 tbsp oil or butter** and **1/4 cup water**. Cover and cook for 5-8 minutes until softened. Season with **salt and pepper**.



6. FINISH AND PLATE

Divide roast sweet potato, greens and fish among plates. Serve with tartare sauce and lemon 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

