



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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!



## 1 Lemon Fish with Asparagus

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

 30 minutes

 4 servings

 Fish

12 November 2021

## 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.*

Per serve: **PROTEIN** 25g **TOTAL FAT** 9g **CARBOHYDRATES** 40g

## FROM YOUR BOX

SWEET POTATOES	800g
ASPARAGUS	1 bunch
RADISHES	1/2 bunch *
CHERRY TOMATOES	1/2 bag (200g) *
LEMON	1
MISO GLAZE	2 tbsp
WHITE FISH FILLETS	2 packets

*\*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 an extra 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 **1 tbsp olive oil**. Season with **salt and pepper** (see notes).



### 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 1 tbsp, stir through. Season with **salt and pepper**. Remove from pan.



### 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.



### 4. COOK THE FISH

Coat fish fillets with **oil, salt and pepper**. Reheat pan over medium–high heat. Cook for 3–4 minutes each side or until cooked through.



### 5. FINISH AND SERVE

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

**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)

