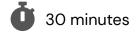




## Lemon Fish

### with Asparagus

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





4 servings



# 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.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

25g 9g 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

<sup>\*</sup>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).



#### 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.



#### 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.



#### 5. FINISH AND SERVE

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



