



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

 4 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** 26g **TOTAL FAT** 12g **CARBOHYDRATES** 67g

FROM YOUR BOX

SWEET POTATOES	1 kg
SPRING ONIONS	1/3 bunch *
CHERRY TOMATOES	1 bag (200g)
AVOCADO	1
MINT	1/2 bunch *
PINEAPPLE PIECES	1 tin (225g)
LIME	1
WHITE FISH FILLETS	2 packets

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, allspice, 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

Halve tomatoes, dice avocado and 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 tbsp cornflour, 1 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 remaining 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

