



Product Spotlight: Tomatoes

Although tomatoes are fruits – nutritionally they look more like vegetables. They are low in calories and rich in a number of nutrients that are good for your health.



1 Easy Fish Fajitas

Build your own fajitas! This simple tray bake is everything you need for a festive weeknight dinner. Spiced fish pieces with tomatoes, capsicum and corn served up with tortillas and guacamole!

 30 minutes

 4 servings

 Fish

25 January 2021

Spice it up!

Add some garlic or dried oregano to the tray bake, or cayenne pepper for some heat. Serve with any condiments you may have – we love GH Produce's Jalapeño and Dessert Lime sauce!

Per serve: **PROTEIN** 28g **TOTAL FAT** 24g **CARBOHYDRATES** 52g

FROM YOUR BOX

RED CAPSICUM	1
RED ONION	1/2 *
TOMATOES	2
CORN COBS	2
AVOCADO	1
LIME	1
WHITE FISH FILLETS	2 packets
CORN TORTILLAS	12 pack
CORIANDER	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, salt and pepper, smoked paprika, ground cumin

KEY UTENSILS

frypan, oven dish

NOTES

Use a sandwich press to quickly toast the tortillas. Press them for 5 seconds until they start steaming. Remove and keep warm in a clean tea towel.

No fish option – white fish fillets are replaced with chicken stir fry strips. Add the chicken to the tray bake along with vegetables in step 1.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Slice capsicum and onion. Chop tomato and remove corn from cob. Toss in a lined oven dish with **2 tsp paprika, 2 tsp cumin, 3 tbsp olive oil, salt and pepper**. Bake in oven for 15 minutes (see step 3).



2. MAKE THE GUACAMOLE

Mash the avocado with lime zest and 1/2 the juice (wedge remaining). Season with **salt and pepper**. Set aside.



3. ADD THE FISH

Cut fish into small pieces and season with **salt and pepper**. Remove vegetable dish from oven and use a fork to crush the tomatoes. Toss fish pieces through vegetables, return to oven and bake for 10 minutes or until cooked through.



4. COOK THE TORTILLAS

Heat a frypan over medium-high heat. Cook tortillas for 10 seconds each side until softened (see notes). Keep warm in a clean tea towel until serving.



5. FINISH AND PLATE

Serve the fajita tray bake at the table with tortillas, guacamole, lime wedges and coriander for garnish.

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

